



365 DAYS OF SOAP MAKING



*365 Soap Making
Recipes
for 365 Days*



White Lemon

DIY

365 Days of Soap Making

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Table of Contents

Introduction

January

Honey Orange Soap; Lavender Soap; Striped Glycerin Soap; Chunky Orange Soap Bars; Soap Balls; Soap on a Rope; Laundry Washing Soda; Laundry Detergent; Loofa Soap; Microwave Peppermint Soap; Baby Wipes; Facial Cream Soap; Shaving Cream Soap; Pump Soap; Kitten Mini Soaps; Chocolate Bar Soap; Oval Soap Bars; Soap Cupcakes; Sweet Orange Glycerin Soap; Citrus Cold Process Soap; Toy Surprise Soap; Beeswax Soap – Cold Process; Lemon Dish Liquid; Easy Citrus Dish Soap; Kids' Soap Crayons; Dry Hair Shampoo; Oily Hair Shampoo; Shampoo for Normal Hair; Shampoo for Colored Hair (Dark); Shampoo for Colored Hair (Blond).

Make Your own Soap – Benefits of Home-Made Soap

February

Shampoo for Colored Hair (Red); Shampoo for Grey Hair; Orange Liquid Hand Soap; Spring Citrus Liquid Soap; Kids' Hand Soap; Mini Soap in a Soap; Fresh Scent Laundry Detergent Balls; Coconut Hot Process Soap; Marbled Soap – Hot Process; Raspberry Bar Soap; Aloe and Vitamin E Skin Softening Soap; Romantic Rose Soap; Sweet Lavender Liquid Hand Soap; Soap Flowers; Mini Lavender Guest Soaps; Kids' Star Soaps; Cinnamon Hearts Soap; Milk and Honey Soap – Hot Process; Unscented Laundry Detergent; Lemon Laundry Liquid Detergent; Pink Grapefruit Hand Soap; Herbal Soap; Cucumber Soap – Cold Process; Shampoo Bars – Hot Process; Milk Soap; Chocolate Mint Milk Soap; Carrot Soap – Cold Process; Soap Box; Chamomile Goat's Milk Soap.

Make Your own Soap – Cold Process

March

Square Soap Bars; Raspberry Liquid Soap; Soap Eggs; Skin Softening Dish Liquid; Baby Soap; Soap in a Tin; Milk Soap with Honey and Walnuts; Easy Soap in Your Microwave; Kids' Confetti Soap; Lavender Soap; Peppermint Soap; Chocolate Soap; Chocolate Mint Swirl Soap; Carpet Cleaner; Lavender Oatmeal Soap; Aloe Face Scrub; Popsicle Soap; Moisturizing Shampoo; Vegan Shampoo; Dipped Candle Soap; Coconut Milk Shampoo; Dry Shampoo; Bar Shampoo; Herbal Shampoo; Industrial Hand Cleaner; Exfoliating Cream Soap; Shaving Soap; Cream Pump Soap; Citrus Spray Cleaner; Household Cleaning

Shaving Soap, Cream Pump Soap, Citrus Spray Cleaner, Household Cleaning Paste; Fruit and Veggie Spray Wash.

Make Your own Soap – Hot Process

April

Multi-Surface Spray Cleaner; Ice Cube Bag Soap; Rosemary Goat's Milk Soap; Peppermint Liquid Hand Soap; Simple Oil Soap; Easy Soap; Polka Dot Soap; Hearts in Circles Soap; Traditional Rectangular Soap Bars; Bathtub Soap Flakes; Aloe Vera Soap; Basic Cold Process Soap Recipe; Moisturizing Soap; Hempseed Oil Soap; Coffee Soap; Guitar Mini Soaps; Easy Dish Soap; Stovetop Dish Soap; Dishwasher Detergent; Dishwasher Detergent II; Liquid Laundry Detergent; Liquid Laundry Detergent II; Re-Batch Soap; Re-Batch Honey and Almond Soap; Honey Soap; Sand Soap; Coconut Oil Soap; Lemon Dish Soap; Tallow Soap.

Make Your own Soap – Melt and Pour Method

May

Creamy Castile Soap; Soap Beads; Lemon Bread Soap; Bath Crayons; Herbal Soap Cubes; Oily Skin Cleansing Bars; Dry Skin Cleansing Bars; Gradient Glitter Soap; Golden Glitter Glycerin Bars; Chamomile Flower Soap; Sea Glass Soap; Soft Baby Soap; Men's Soap; Travel Soap; Lemon Tart Soaps; Basic Cold Process Soap; Green Tea Soap; Soap Chocolates; Glitter Soap Balls; Cucumber Soap; Cucumber Soap II; Cucumber Glycerin Soap; Fresh Strawberry Soap; Castile Soap; Coconut Oil Soap; Basic Natural Soap; Transparency Design Soaps; Laundry Liquid; Easy Oatmeal and Honey Soap; Easy Honey Soap; Easy Lavender Soap.

Make Your own Soap – Liquid Soap

June

Easy Hot Process Soap; Oatmeal Hot Process Soap; Single Soap Bar; Creamy Castile Soap; Aloe Vera Soap; Coconut Soap; Clear Honey Soap; Cold Process Honey Soap; Sandalwood Soap; Lemon Balm Soap; Soap Sticks; Black Raspberry Soap; Olive Oil Soap; Exfoliating Strip Soap; Strawberry Preserves Soap; Beeswax Soap; Borax Soap; Tea Tree Soap; Insect Repellent Soap; Wedding Favor Rose Soaps; Liquid Soap Wedding Favors; Herbal Liquid Soap; Cucumber/Aloe Vera Glycerin Soap; Pomegranate Soap; Kids' Soap Bracelets; Wedding Favor Soap Gems; Shower Gel; Whipped Shaving Soap; Liquid Hand Soap.

Make Your own Soap – Foaming Soaps

July

Shower Gel; Foaming Cleanser; Luxurious Skin Cleanser; Body Wash; Green Apple Dish Soap; All-Purpose Cleaner; Flea Shampoo; Dry Shampoo; Citrus Dishwashing Liquid; Oven Cleaner; Alopecia Shampoo; Foaming Carpet Shampoo; Toilet Bowl Cleaner; Washing Machine Freshener; Simple Liquid Soap; All-Purpose Kitchen Cleaner; Kitchen Soap; Flea Shampoo for Dogs; Bath Gel; Liquid Hand Soap; Multi-Purpose Household Cleaner; Honey Shower Gel; Facial Cleanser; Foaming Facial Cleanser; Morning Shower Gel; Essential Oil Shampoo; Mild Castile Soap; Dandelion and Honey Soap; Mint Soap; Orange Cream Soap.

Make Your own Soap – Cream Soaps

August

Citrus Shower Gel; Lavender Bubble Bath; Citrus Mint Layered Soap; Foaming Hand Soap; Sink Stain Remover; Kitchen Wipes; Rose Glycerin Soap; Lemon Hand Soap; Chocolate Bar Soap; Rose Liquid Soap; Kitchen Floor Cleaner; All-Purpose Foaming Stovetop Cleaner; Bathtub Cleaner; Soap Disks; Your Initials Here Soap; Funnel Cake Soap; Carnival Soap; Candy Apple Soap; Hot Buttered Popcorn Soap; County Fair Pageant Glitter Soap; Magic Wand Soap; Race Car Soap; Hollyhock Soap; Disinfecting Wipes; Disinfecting Wipes II; Bathroom Glass and Tile Cleaner; Vinegar Dish Soap; Shower Cleaner; Laundry Stain Remover Spray; Toilet Bowl Cleaner; Anise Soap.

Make Your own Soap – Dish Liquids

September

Disinfectant Cleaner; Clear Glycerin Soap; Bathtub Scrub; Soft Scrubber; Stain Remover; Scouring Powder; Washing Machine Cleaner; Powdered Laundry Detergent; Lemongrass Soap; Pineapple Cream Soap; Apple for the Teacher Soap; Lathering Soap Bars; Moisturizing Soap Bars; Skin Nourishing Soap; Apricot Soap; “Shout” Stain Remover; Yogurt Soap; Granola Exfoliating Soap; Goldfish Soap; Citrus Coconut Soap; Massage Soap; Autumn Leaves Soap; Lemon Cream Sugar Soap; Grapefruit Lemon Striped Soap; Coconut Whipped Soap; Crayon Remover; Crystal Cleaner; Silver Cleaner; Sterling Silver Jewelry Cleaner; Cucumber Soap.

Make Your own Soap – Laundry Soaps

October

Pink Ribbon Soaps; Breast Cancer Boobie Soaps; Jack-O-Lantern Soap; Pumpkin Pie Soaps; Caramel Apple Soaps; Pumpkin Soap; French Vanilla Soap; Foaming Bath Soap; Lavender Body Wash; Dead Sea Salt Soap; Raspberry Soap; Coffee Soap; Rosemary Mint Soap; Bacon Soap; Black Cat Soap; Cauldron Soap; Breast Cancer Awareness Soap; Black and Orange Striped Soap; Oatmeal Banana Soap; Salt Soap; Egg Soap; Glycerin Shaving Soap; All-Purpose Cleaner; Another All-Purpose Cleaner; Window Cleaner; Window Cleaner II; Glass Cleaner; Liquid Laundry Detergent; Liquid Laundry Detergent II; Powdered Laundry Detergent.

Make Your own Soap – Supplies You will Need

November

Pumpkin Soap; Apple Cider Soap; Mud Soap; Neem Oil Liquid Soap; Easy Liquid Soap; Foaming Soap; Rose Body Wash; Citrus All-Purpose Cleaner; Furniture Polish; Simple Spray Cleaner; Floor Cleaner; Tub and Shower Cleaner; Cranberry Glycerin Soap; Cornucopia Soap; Granite Cleaner; Beer Shampoo; Easy Shampoo; Herbal Shampoo; Green Apple Soap; Seashell Soap; Emu Oil Soap; Ink Spot Remover; Creamy Household Cleanser; Car Wash Soap; Mildew Cleaner; Almond Oil Soap; Lemon Goat's Milk Soap; Mint Foot Soap.

Make Your own Soap – Using Essential Oils

December

Pine Floor Cleaner; Gingerbread Man Mini Soaps; Minty Fresh Floor Cleaner; Lump of Coal Soap; Orange Cranberry Striped Soap; Candy Cane Soap; Orange Clove Glycerin Soap; Christmas Tree Soap; Menorah Soap; Santa Claus Soap; Holiday Dish Liquid; Lemon Guest Soaps; Red Candy Soap; Snowman Soap; Heavy Duty Household Cleanser; Stovetop Grease Remover; Stain Remover for Whites; 3-in-1 Cleaner; Upholstery Cleaner; Carpet Cleaner; Yoga Mat Spray Cleaner; Antifungal Cleaning Spray; Shea Butter Soap; Honeybee Soap; Simple Cold Process Soap; Cinnamon Soap; Orange Cinnamon Soap; Lemon Ginger Soap; Rosemary Spearmint Soap; Apple Spice Soap.

Bonus Soap Recipes Mini E-Book

Introduction

There are hundreds of different types of soaps on the market, not to mention shampoos, household cleaning soaps, and more. The problem with these products is that the majority of them are made with a lot of harsh chemical ingredients that can actually be harmful to your skin. Many are also heavily scented, which can be a problem for those who suffer from allergies to scented products. Even the products labeled as “unscented” actually have a scent that simply masks the stronger scent. So, how are you supposed to get yourself, and your home clean, without using these commercially prepared soap products? You can make your own.

No matter what type of soap you wish to use, chances are that there is a recipe for it so you can make your own. This means that you get to control the ingredients that go into your soaps, and ensure that they are going to be safe for everyone to use, even those who have scent allergies and skin conditions. In this e-book, you will find 365 recipes for hand soap, liquid soap, cream soap, shampoo, laundry detergent, dish soap, and a whole lot more. In addition to these recipes, you will also find helpful instructional articles about how to make various types of soaps, using essential oils in soap making, additives to use, supplies you will need, and more.

January

This is the month when the winter blahs begin to set in. You can uplift your mood by using a variety of soaps that smell like spring. This month, we are featuring loads of great citrus soap recipes, as well as citrus dish liquid recipes and more. You will also find some fun recipes for kids' soaps, as well as some awesome shampoos for all types of hair.

January 1

Honey Orange Soap

Materials

- 1 lb honey melt base • 2 drops vanilla white color stabilizer • 3 drops orange food-grade colorant • 4-5 drops orange essential oil

Directions

Cut up the honey melt base into small squares, and place in a double boiler over medium heat. Next, add the stabilizer and colorant, stirring well to mix (stir slowly to avoid making bubbles). Remove from heat and add the orange essential oil, stirring to mix. Pour into honey comb soap molds.

January 2

Lavender Soap

Materials

- 15 goats milk soap cubes • 2-3 drops lavender essential oil • 2-3 drops purple food-grade colorant • ½ C dried lavender flowers

Directions

In a double boiler over medium heat, combine the goats milk soap cubes and lavender flowers. Add the colorant, stirring gently to blend. Remove from heat, and add the lavender essential oil. Pour into soap molds (the lavender will float to the top and be decorative).

January 3

Striped Glycerin Soap

Materials

- 1 pound glycerin soap base • 8 drops lemon essential oil • 4 food-grade colorants

Directions

In a double boiler over medium heat, melt $\frac{1}{4}$ of the glycerin. Remove from heat, add 2 drops of lemon essential oil and 2-3 drops of one of the colorants. Pour into a bread pan lined with parchment paper. While the soap is setting, repeat the process with the next color. Continue repeating until you have four layers of color. When soap is completely set, remove from pan, peel away the parchment paper, and cut into striped soap bars.

January 4

Chunky Orange Soap Bars

Materials

- 2 pounds glycerin soap base • 2 tbsp liquid aloe vera • 4-5 drops sweet orange essential oil • 3-4 drops orange food grade colorant

Directions

In a double boiler over medium heat, melt half of the glycerin soap base. Add 1 tbsp aloe vera and remove from heat. Add 2-3 drops of the sweet orange essential oil and the colorant, stir to mix, and pour into soap molds (four bars). When soap is set, wrap two bars for regular use, and cut the other two bars into small chunks with a knife. Melt the rest of the glycerin soap base, and add the remaining 1 tbsp aloe vera. Remove from heat, and add essential oil. Fill soap molds $\frac{1}{4}$ of the way, and let set. Once it is set, place a few of the orange soap chunks on top, and fill the molds the rest of the way with the clear glycerin mixture.

January 5

Soap Balls

Materials

- 1 pound glycerin soap base • 1 tbsp liquid aloe vera • 1 vitamin E capsule • 4-6 drops raspberry essential oil • 3-4 drops red food grade colorant • Plastic balls (the type that come apart so you can put treats inside) • Egg crates

Directions

In a double boiler over medium heat, melt half of the glycerin soap base. Add the aloe vera and the liquid from the vitamin E capsule, and remove from heat. Add the essential oil and colorant, stirring gently to mix. Open the plastic balls, and place each half, open side up, in the spaces in the egg cartons. Pour soap mixture into the ball halves, saving a little bit of the mixture for later. Allow the soap to set. Re-heat the rest of the soap mixture, and use as a paste to stick the halves together to create soap balls. When they are completely set, twist the plastic to remove.

January 6

Soap on a Rope

Materials

- 1 pound glycerin soap base • 1 tbsp liquid aloe vera • 1 vitamin E capsule • $\frac{1}{4}$ C coconut oil
- 4-5 drops grapefruit essential oil • 3-4 drops pink food grade colorant
 - $\frac{1}{4}$ " rope, cut into four 24" lengths

Directions

In a double boiler over medium heat, combine glycerin soap base and coconut oil. When ingredients are melted and combined together, add the aloe vera and the liquid from the vitamin E capsule. Remove from heat, and add the grapefruit essential oil and food colorant, stirring gently to mix. Pour into molds and allow to set. When the soap has set, remove from molds, and gently make a hole in one end, poking all the way through to the other end (a lengthwise hole). You can use a screwdriver for this, making sure that the hole will be a bit larger than the circumference of the rope. Tie a knot in one end of each piece of rope, and then run the other end through the holes in the soap. When the rope is through, make a loop and tie it so there is a handle.

January 7

Laundry Washing Soda

Materials

- 3 C baking soda
- Glass baking pan

Directions

Preheat oven to 450 degrees F. Spread the soda evenly in the baking pan, and place in the oven. Bake for approximately one hour, stirring after ½ hour. You may need to bake it longer. When the soda is ready, it will be grainy instead of smooth and soft. Remove from oven, allow to cool, and then store in an airtight container. To use, add a cup or so to each load of laundry.

January 8

Laundry Detergent

Materials

- 6 C laundry washing soda
- 3 bars unscented soap (make your own clear glycerin soap for this if you like)

Directions

Grate the soap bars, or cut into small chunks. Combine grated soap and laundry washing soda in a food processor, and blend until the mixture is the consistency of laundry soap powder. Pour into an airtight container to store. To use, add 3-4 tbsp detergent to each load of laundry.

January 9

Loofa Soap

Materials

- 1 pound glycerin soap base • $\frac{1}{4}$ C coconut oil • 1 tbsp liquid aloe vera • 3-4 drops chamomile essential oil • 2 drops lavender essential oil • 3-4 drops pink food grade colorant • 1 loofa sponge

Directions

Cut the loofa into pieces that are the same height as your soap molds, and place into molds. In a double boiler over medium heat, combine the glycerin soap base and coconut oil. When ingredients have melted and blended together, add the aloe vera. Remove from heat, and add the chamomile essential oil and colorant, stirring gently to mix. Pour soap mixture into prepared molds and allow to set.

January 10

Microwave Peppermint Soap

Materials

- ½ pound goat's milk soap base • ½ pound shea butter soap base • 4-5 drops peppermint essential oil

Directions

Break both soap bases into small chunks, and place in a microwave-safe glass bowl. Heat in the microwave on high for 30 second increments, stirring each time. When soap bases have completely melted and blended together, remove from the microwave and add the peppermint essential oil. Pour into molds and allow to set.

January 11

Baby Wipes

Materials

- 2 tbsp rice bran oil • 1 tbsp liquid castile soap • 1 C pure distilled water • 3 drops chamomile essential oil • 2 drops lavender essential oil • 1 vitamin E capsule

Directions

Cut pieces of cotton fabric into squares that will fit into an old baby wipe container (or a similar sized plastic container with a cover), and set the squares aside. Pour the water into the container, followed by the rest of the ingredients, stirring gently to avoid any bubbles. Place the cotton squares on top of the mixture, cover, and slowly turn the container over and over to soak all of the squares. Mark the date on the container, and use within two weeks.

January 12

Facial Cream Soap

Materials

- 1.75 ounces Cream soap base • $\frac{1}{2}$ tsp pink clay
- $\frac{1}{4}$ tsp lactic acid • $\frac{1}{8}$ tsp preservative • 2-3 drops lavender essential oil • Pure distilled water

Directions

Pour the cream soap base into a glass bowl. Add the clay, preservative, and lactic acid, stirring gently to mix. Next, add the lavender essential oil, stirring gently to mix. If the mixture is too thick, you may add a bit of the pure distilled water. Once it has reached the desired consistency, pour mixture into a jar, cover, and label with the date.

January 13

Shaving Cream Soap

Materials

- 1.75 ounces cream soap base • $\frac{1}{4}$ tsp pro-vitamin B5 (panthenol) • $\frac{1}{4}$ tsp dimethicone • $\frac{1}{8}$ tsp preservative • 2-3 drops chamomile essential oil

Directions

Pour the cream soap base into a glass bowl. Add the preservative, penthenol, and dimethicone, stirring gently to mix. Next, add the chamomile essential oil, stirring gently to mix. Pour mixture into a glass jar, cover, and label with the date.

January 14

Pump Soap

Materials

- 1.75 ounces cream soap base • 1.75 ounces pure distilled water • 1 tsp liquid aloe vera • $\frac{1}{4}$ tsp preservative
- 3-4 drops sweet orange essential oil

Directions

Pour the cream soap base into a glass bowl. Add the distilled water and stir gently to mix. Add the preservative and aloe vera, stirring gently to mix. Finally, add the sweet orange essential oil, again stirring gently to mix. Pour into a plastic zip-lock baggie and seal the bag. Snip the tip of the baggie, and pipe the mixture into a pump bottle. Label with the date.

January 15

Kitten Mini Soaps

Materials

- 4-6 ounces clear glycerin soap base • 1 tsp liquid aloe vera
- 2-3 drops pink grapefruit essential oil • 3-4 drops pink food grade colorant • Kitten molds (use candy-making molds with kittens or any other shape you like)

Directions

In a double boiler over medium heat, melt the glycerin soap base. Add the aloe vera, and remove from heat. Add the pink grapefruit essential oil and colorant, and pour into molds.

January 16

Chocolate Bar Soap

Materials

- 1 pound coconut melt and pour soap base • $\frac{1}{2}$ tsp cocoa butter • $\frac{1}{2}$ tsp shea butter • 1 tsp olive oil
- $\frac{1}{4}$ C goat's milk powder • 1 tbsp chocolate fragrance oil • 1 tbsp unsweetened cocoa powder'
- Chocolate bar candy molds

Directions

In a double boiler over medium heat, combine the soap base, cocoa butter, and shea butter. When ingredients have melted and blended together, remove from heat, cool slightly and add the goat's milk powder, stirring gently until there are no lumps. Add the chocolate fragrance oil and cocoa powder, and pour into molds.

January 17

Oval Soap Bars

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{4}$ C coconut oil
- 1 tbsp liquid aloe vera • 1 vitamin E capsule • 2-3 drops chamomile essential oil • 1 drop rose essential oil • Oval soap molds

Directions

In a double boiler over medium heat, combine soap base and coconut oil. When ingredients have melted and blended together, add the aloe vera, and the liquid from the vitamin E capsule. Remove from heat, and add the essential oils. Pour into oval soap molds.

January 18

Soap Cupcakes

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{4}$ C coconut oil
- 1 tbsp liquid aloe vera • 1 vitamin E capsule • 1 tbsp chocolate fragrance oil • 1 tbsp cocoa powder • Silicone cupcake molds

Directions

In a double boiler over medium heat, combine $\frac{3}{4}$ of the soap base and coconut oil. When ingredients have melted and blended together, add the aloe vera, and the liquid from the vitamin E capsule. Remove from heat, and add the chocolate fragrance oil and cocoa powder, stirring gently to mix. Pour into cupcake molds. When soap has set, remove from molds. Melt the rest of the soap base, and pour over the top of the cupcakes as frosting.

January 19

Sweet Orange Glycerin Soap

Materials

- 1 pound clear glycerin soap base • 1 tbsp liquid aloe vera • 1 vitamin E capsule • 1 tbsp coconut oil • 6-8 drops sweet orange essential oil
- 4-5 drops orange food grade colorant

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When the ingredients have melted and blended together, add the aloe vera and the liquid from the vitamin E capsule. Remove from heat and add the sweet orange essential oil and colorant. Pour into soap molds and let set for a couple of hours.

January 20

Citrus Cold Process Soap

Materials

- 7-8 ounces lye
- 2 C pure distilled water • 2 $\frac{1}{4}$ C palm kernel oil • 1 $\frac{3}{4}$ C olive oil
- 1 $\frac{1}{3}$ C coconut oil • 2-3 drops lemon essential oil • 2-3 drops sweet orange essential oil

Directions

Follow the instructions given in the “Make Your Own Soap – Cold Process” section of this e-book.

January 21

Toy Surprise Soap

Materials

- 1 pound clear glycerin soap base • 1 tbsp liquid aloe vera • 2-3 drops lemon essential oil • Small toys (plastic rings, figures, *etc.* Toys you can get out of bubble gum machines are the ideal size for embedding inside soaps)

Directions

In a double boiler over medium heat, melt the glycerin soap base. Add the aloe vera, and remove from heat. Add the lemon essential oil, and fill each soap mold $\frac{1}{3}$ of the way. Allow the soap to set (put it in the freezer and it will be ready in 15 minutes or so). Re-melt the rest of the mixture in the double boiler. Place a small toy in each soap mold. Pour the rest of the soap mixture on top, making sure to completely cover the toys. Allow soap to set.

January 22

Beeswax Soap – Cold Process

Materials

- $\frac{3}{4}$ C lye
- 2 C pure distilled water • 3 $\frac{1}{2}$ C vegetable shortening • 1 C coconut oil
- 1 C palm kernel oil • 1 ounce beeswax
- 5-6 drops chamomile essential oil • 2-3 drops rose essential oil

Directions

Follow the instructions given in the “Make Your Own Soap – Cold Process” section of this e-book.

January 23

Lemon Dish Liquid

Materials

- $\frac{1}{2}$ C unscented soap flakes • 3 C hot water • $\frac{1}{2}$ C glycerin • 5-6 drops lemon essential oil

Directions

In a glass bowl, combine the soap flakes and hot water until the flakes completely dissolve. Allow the mixture to cool for 4-5 minutes, and then add the glycerin and lemon essential oil, stirring gently to incorporate all of the ingredients. Pour into a clean dish liquid bottle, and use the same way you would use a commercial dish liquid.

January 24

Easy Citrus Dish Soap

Materials

- 3 C liquid Castile soap • 8-10 drops lemon essential oil • 4-5 drops grapefruit essential oil • 3-4 drops orange essential oil

Directions

In a glass bowl, combine all of the ingredients, stirring slowly to mix without creating any bubbles. Pour into a clean dish soap bottle, and use as you would regular dish soap.

January 25

Kids' Soap Crayons

Materials

- 1 C grated white soap (any kind, but unscented is best since children have sensitive skin) • 2 tbsp warm water • Food grade colorant, various colors

Directions

In a glass bowl, add the grated soap and 2 tbsp warm water. Stir with a fork until the mixture begins to thicken and become stiff. Mix until there are no pieces of grated soap in the mixture. Separate mixture into as many sections as you need, depending on how many colors you want to make. Mix each part in a separate glass bowl, adding a couple of drops of colorant per bowl (if you want darker colors, add more colorant). When well mixed, firmly press into molds and place in the freezer overnight. Now they are ready to use.

January 26

Dry Hair Shampoo

Materials

- 1 C pure distilled water • 1 C Castile liquid soap • 2 tbsp coconut oil
 - 2 tbsp hempseed oil • 2 tsp avocado oil
- 15 drops ylang ylang essential oil • 15 drops clary sage essential oil
 - 3 drops lavender essential oil

Directions

Combine all of the ingredients in a glass bowl. Stir slowly to combine ingredients without making any bubbles. Pour mixture into a clean shampoo bottle, and use the same way you would use a commercial shampoo.

January 27

Oily Hair Shampoo

Materials

- 1 C Castile liquid soap • 5 drops lavender essential oil • 3 drops rose essential oil • 3 drops chamomile essential oil

Directions

Combine all of the ingredients in a glass bowl. Stir slowly to combine ingredients without making any bubbles. Pour mixture into a clean shampoo bottle, and use the same way you would use a commercial shampoo.

January 28

Shampoo for Normal Hair

Materials

- ½ C pure distilled water • ½ C Castile liquid soap • 1 tbsp coconut oil
- 8 drops sweet orange essential oil • 3 drops lemon essential oil

Directions

Combine all of the ingredients in a glass bowl. Stir slowly to combine ingredients without making any bubbles. Pour mixture into a clean shampoo bottle, and use the same way you would use a commercial shampoo.

January 29

Shampoo for Colored Hair (Dark)

Materials

- 1 C Castile liquid soap • 3 tbsp sage
- 3 tbsp rosemary • 6 black tea bags • 2 tsp olive oil • 3-4 drops chamomile essential oil

Directions

Steep the black tea with the sage and rosemary in a pan for one half hour, covered. Strain the tea so there are no herb particles. Combine all of the ingredients in a glass bowl. Stir slowly to combine ingredients without making any bubbles. Pour mixture into a clean shampoo bottle, and use the same way you would use a commercial shampoo.

January 30

Shampoo for Colored Hair (Blond)

Materials

- 8 chamomile teabags • 3 tbsp vegetable glycerin • 8 tbsp soap flakes
 - 3-4 drops chamomile essential oil

Directions

Steep the teabags in a pan for one half hour, covered. Strain the tea so there are no herb particles. Combine all of the ingredients in a glass bowl. Stir slowly to combine ingredients without making any bubbles. Pour mixture into a clean shampoo bottle, and use the same way you would use a commercial shampoo.

Make Your own Soap – Benefits of Home-Made Soap

If you are crafty, and you enjoy making things for your family and your home, you will be really interested in making your own soaps. There are so many benefits you get from doing this. Not only do you have all kinds of fun projects to work on, you are also saving money. While there is a bit of an investment to get all of the supplies you will need, you will end up with enough supplies to make plenty of cleaning products. The amount you can make will be much more than what you can buy commercially for the same price, and you know all of the ingredients that are going into your own products. Here are just a few of the awesome benefits of making your own soaps.

Safe Ingredients

One of the biggest complaints people have about commercially prepared soaps is that they contain a lot of harsh, chemical ingredients. This won't be the case when you are making your own soaps and household cleaning products. In most cases, home-made soaps are made with natural ingredients, such as coconut oil, butters, vegetable oils, glycerin, *etc.* This is really great if there is anyone in your family who has sensitive skin or allergies. You can control the ingredients. Another thing you can control is the scent, which is important to anyone who has scent allergies.

Have Fun Experimenting

There are so many different ingredients that you can use to make soap that you will never run out of ideas for new soap recipes. Once you get the hang of the various soap-making processes, you can have a lot of fun experimenting with your own special recipes. In this e-book, you will be introduced to a variety of soap-making methods, including cold and heat process, as well as using melt and pour soap bases, including glycerin, and you are never limited when it comes to additives, including essential oils and colorants.

Make Awesome Gifts

People appreciate it when others take the time to make special gifts for them. What could be more special than personalized soaps, shampoos, etc.? Not only do hand-made soaps make terrific gifts for just about any occasion, they are also cost-effective to make, so you can give nice gifts without having to spend a lot of money.

Make Extra Money

A lot of people take their hand-made soap products to various markets, craft fairs, *etc.* to sell, and they make pretty decent money doing so. You can make up a lot of different soap products, and then sell them to friends, family members, at markets and fairs to make extra cash. Don't forget to ask around at various local stores, which love to sell locally-made products, especially during peak tourism seasons.

February

Love is in the air this month, so you need to make sure that you have plenty of soaps that have romantic scents. This month, you will find some delicately scented soaps and shampoos that will help put you in the mood for romance. Other recipes for February include household cleaners, cream soaps, and foaming soaps for hand washing.

February 1

Shampoo for Colored Hair (Red)

Materials

- 3 tbsp hibiscus flowers • 3 tbsp alkanet root • 3 C water, boiling •
½ C Castile liquid soap • 2 tbsp coconut oil • 2 tsp avocado oil • 2
tbsp hempseed oil • 10 drops lavender essential oil • 5 drops rose
essential oil

Directions

In a saucepan, add the water, hibiscus flowers, and alkanet root. Simmer until the mixture has reduced to about ½ C of liquid. Allow mixture to cool, and add the rest of the ingredients. Pour into a prepared bottle, cover, and shake well to mix.

February 2

Shampoo for Grey Hair

Materials

- 1 C dried sage • 1 C dried rosemary • 4 C water
- 1 C Castile liquid soap • 4 tbsp hempseed oil • 25 drops sweet orange essential oil

Directions

In a saucepan, add the water, sage, and rosemary. Simmer until the mixture has reduced to about 1 C of liquid. Allow mixture to cool, and add the rest of the ingredients. Pour into a prepared bottle, cover, and shake well to mix.

February 3

Orange Liquid Hand Soap

Materials

- 1 C Castile liquid soap • 2 tbsp liquid aloe vera • Liquid from 2 vitamin E capsules • 1 tbsp coconut oil
- 6-8 drops sweet orange essential oil

Directions

Combine all of the ingredients together in a glass bowl. Stir gently to mix well without creating any bubbles. Pour into a pump bottle.

February 4

Spring Citrus Liquid Soap

Materials

- 1 C Castile liquid soap • 1 tbsp coconut oil • 1 tsp avocado oil • 3 drops orange essential oil • 5 drops lemon essential oil • 2 drops grapefruit essential oil

Directions

Combine all of the ingredients together in a glass bowl. Stir gently to mix well without creating any bubbles. Pour into a pump bottle.

February 5

Kids' Hand Soap

Materials

- 1 pound clear glycerin soap base • 2 tbsp liquid aloe vera • 2 tbsp coconut oil • 3-4 drops food grade colorant

Directions

This is a really fun project to do with the kids. In a double boiler, combine the glycerin soap base and coconut oil. When ingredients have melted and blended together, add the aloe vera and colorant, and remove from heat. Allow mixture to cool to the point where it is still soft, but cool enough to dip your hand in. Let your kids dip their hands in the soap (2-3 dips to create a thick shell), and then let the mixture set to the point where you can peel it off their hands without breaking the shells (it is a good idea to spray their hands with cooking spray or baby powder before starting this process). Once the hand shells have hardened, re-melt the rest of the soap mixture, and pour it into the hands. You will need to find a way to prop the hands up to keep the soap from spilling until it sets.

February 6

Mini Soap in a Soap

Materials

- 1 pound clear glycerin soap base • 2 tbsp liquid aloe vera • 2 tbsp coconut oil • 2 tsp rice bran oil • Food grade colorant • Mini and regular soap molds

Directions

In a double boiler over medium heat, combine the glycerin soap base, coconut oil, and rice bran oil. When ingredients have melted and blended together, remove from heat and add the aloe vera. Separate mixture into two double boilers, with $\frac{3}{4}$ of the mixture in one and $\frac{1}{4}$ in the other. In the pot with the $\frac{1}{4}$ mixture, add the colorant, and pour into the mini soap molds. Fill the regular soap molds $\frac{1}{3}$ of the way with the clear soap mixture. Allow both to set. Remove mini soaps from molds and place in the regular molds. Re-melt the clear soap mixture, and fill the molds to the top. Allow to set.

February 7

Fresh Scent Laundry Detergent Balls

Materials

- 2 C baking soda • 1 C borax • 2 C soap flakes from clear glycerin soap • 4-5 drops lemon essential oil

Directions

Combine all of the ingredients until they are well mixed, and press into balls that are about $\frac{1}{2}$ inch across. Use one ball per laundry load. These will last for about two months if they are stored in a covered container.

February 8

Coconut Hot Processed Soap

Materials

- 2 ½ C coconut oil • 1 ¼ C olive oil
- 1 C pure distilled water • ½ C plus 2 tbsp lye • 3-4 drops coconut essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

February 9

Marbled Soap – Hot Process

Materials

- 1 ounce avocado butter • 2 ounces avocado oil • 6 ounces coconut oil
• 7 ounces olive oil • 6 ounces palm oil • 1 ounce shea butter • 3-4 ounces lye
- 7 ounces sodium lactate • 1 C pure distilled water • Red clay
- Yellow clay
- 8-10 drops chamomile essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book. Separate mixture into 3 bowls, adding clays to 2 of the bowls, and combine to create the marbled effect in a silicone bread pan. Allow mixture to set, and then cut into bars.

February 10

Raspberry Bar Soap

Materials

- 1 pound white glycerin soap base • 3 tbsp liquid aloe vera • 3 tbsp coconut oil • 1 tsp rice bran oil • 5-6 drops raspberry essential oil
- 2-3 drops red food grade colorant (or more, depending on how dark you want the color to be)

Directions

In a double boiler over medium heat, combine glycerin soap base, coconut oil, and rice bran oil. When ingredients have melted and blended together, add the aloe vera and remove from heat. Add the raspberry essential oil and colorant, stirring gently to mix. Pour into soap molds and allow mixture to set.

February 11

Aloe and Vitamin E Skin Softening Soap

Materials

- 1 pound white glycerin soap base • 3 tbsp aloe vera gel • 3 vitamin E capsules • 2 tsp rice bran oil • 3-4 drops chamomile essential oil • 2 drops lavender essential oil • 2 drops rose essential oil

Directions

In a double boiler over medium heat, combine the glycerin and rice bran oil. When glycerin has melted, add the aloe vera gel, and the liquid from the vitamin E capsules. Remove from heat, and add the essential oils. Pour into soap molds and allow to set.

February 12

Romantic Rose Soap

Materials

- 1 pound goat's milk soap base • 1 tsp avocado oil • 2 tbsp coconut oil • 2-3 drops red food grade colorant (to make the soap a light pink)
- 6-8 drops rose essential oil

Directions

In a double boiler over medium heat, combine the glycerin, coconut oil, and avocado oil. When ingredients have melted and blended together, add the aloe vera gel, and the liquid from the vitamin E capsules. Remove from heat, and add the essential oils. Pour into rose-shaped soap molds and allow to set.

February 13

Sweet Lavender Liquid Hand Soap

Materials

- 1 C Castile liquid soap • 1 tbsp liquid aloe vera • 3 drops red food grade colorant • 2 drops blue food grade colorant • 8-10 drops lavender essential oil • Dried lavender flowers

Directions

In a glass bowl, combine all of the ingredients. The two colorants will blend together to create purple. Place some of the dried lavender flowers in a pump bottle, and pour the soap mixture on top.

February 14

Soap Flowers

Materials

- 1 pound clear glycerin soap base • 4-5 drops red food grade colorant
- 6-8 drops rose essential oil

Directions

In a double boiler over medium heat, melt the glycerin soap base. Remove from heat, and add the colorant and rose essential oil. Pour mixture into flower shaped soap or candy molds.

February 15

Mini Lavender Guest Soaps

Materials

- 1 pound goat's milk soap base • 3 tbsp coconut oil • 1 tsp rice bran oil • 2 vitamin E capsules • 5-6 drops lavender essential oil • Dried lavender flowers

Directions

In a double boiler over medium heat, combine the goat's milk soap base, coconut oil, and rice bran oil. When ingredients have melted and blended together, add the liquid from the vitamin E capsules. Remove from heat, and add the lavender essential oil. Place a few dried lavender flowers in each soap mold, and pour the soap mixture on top. Allow to set.

February 16

Kids' Star Soaps

Materials

- 1 pound clear glycerin soap base • 2 tbsp coconut oil
- 1 tbsp liquid aloe vera • 3-4 drops bubble gum fragrance oil • 3-4 drops yellow food grade colorant • 2-3 tsp food grade gold glitter

Directions

In a double boiler over medium heat, combine the glycerin soap base and coconut oil. When ingredients have melted and blended together, add the aloe vera. Remove from heat, and stir in the bubble gum fragrance oil, colorant, and food grade glitter. Pour into star shaped molds and allow to set.

February 17

Cinnamon Hearts Soap

Materials

- 1 pound shea butter soap base • 3 tbsp coconut oil • 2 tsp avocado oil
- 6-8 drops red food grade colorant (you want the color to be dark pink or red) • 4-5 drops cinnamon essential oil

Directions

In a double boiler over medium heat, combine the shea butter soap base, coconut oil, and avocado oil. When ingredients have melted and blended together, remove from heat and add the cinnamon essential oil and colorant. Pour into heart shaped soap molds and allow to set.

February 18

Milk and Honey Soap – Hot Process

Materials

- 2 C extra virgin olive oil • 1 C coconut oil
- 1.5 ounces sweet almond oil • 1 C plus two ounces pure distilled water
 - 4 ounces lye
- ½ ounce rosehip oil • 1 tbsp finely ground oatmeal • 1 tbsp raw honey
- 3-4 drops chamomile essential oil • 2 drops lavender essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

February 19

Unscented Laundry Detergent

Materials

- 2 C shavings from laundry soap bars • 4 C boiling water • 2 C borax
- 2 C washing soda • 2 gallons warm water

Directions

Melt the bar soap shavings in the boiling water. Add the borax and washing soda slowly, stirring to mix. Add the warm water, and mix. Store in a clean laundry detergent bottle. To use, add $\frac{1}{4}$ of the mixture to each load of laundry.

February 20

Lemon Laundry Liquid Detergent

Materials

- 2 C Castile liquid soap • 3 tbsp liquid aloe vera • 8-10 drops lemon essential oil

Directions

In a glass bowl, combine all of the ingredients, stirring gently so you don't create any bubbles. Pour mixture into a clean dish liquid bottle. Use the same way you use commercial dish liquid.

February 21

Pink Grapefruit Hand Soap

Materials

- 1 pound goat's milk soap base • $\frac{1}{4}$ C coconut oil
- 1 tsp rosehip oil • 3-4 drops red food grade colorant (make the soap a light pink shade) • 6-8 drops pink grapefruit essential oil

Directions

In a double boiler over medium heat, combine the goat's milk soap base, coconut oil, and rosehip oil. When ingredients have melted and blended together, remove from heat and add colorant and pink grapefruit essential oil. Pour into soap molds and allow to set.

February 22

Herbal Soap

Materials

- 1 pound shea butter soap base • Yellow, orange, and green food grade colorants • Dried flower petals • Dried herbs (sage, lavender, chamomile, etc.)

Directions

In a double boiler over medium heat, melt the shea butter soap base. Divide into different pots, and add the colorants, flower petals, and dried herbs. This is a suspension soap base, so your additives aren't going to sink to the bottom. Pour mixture into prepared soap molds and allow to set.

February 23

Cucumber Soap – Cold Process

Materials

- 2-3 ounces cucumber • 1 C cold, pure distilled water • 4 ounces lye
- 1 ½ C extra virgin olive oil • 1 C coconut oil
- ½ C rice bran oil • 1 ounce rosehip oil • 1 ounce avocado oil • 2 ounces shea butter • ½ tbsp. green clay (mixed with 1 tbsp water)

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

February 24

Shampoo Bars – Hot Process

Materials

- 1 C extra virgin olive oil • 1 C coconut oil • $\frac{1}{2}$ C sunflower oil • $\frac{1}{2}$ C castor oil • 2 ounces jojoba oil • 1 C pure distilled water • 4 ounces lye
- 3-4 drops orange essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

February 25

Milk Soap

Materials

- 10 ounces of milk, frozen (works best when frozen in ice cube trays) •
½ C lye • 3 C extra virgin olive oil • 1 ounce castor oil

Directions

Place the frozen milk in a heat-proof plastic container. Wearing protective gloves and goggles, pour the lye into the milk, a tiny bit at a time. The lye will heat the milk and cause it to melt. Stir slowly, making sure that the lye is completely dissolved. Set aside. In a double boiler, combine the coconut oil, olive oil, and castor oil. Heat until the coconut oil is melted, and the mixture reaches 90-100 degrees F (use a candy thermometer to monitor the temperature). Slowly pour the lye mixture into the oils, and blend with a stick blender, alternating with hand mixing so you don't end up with bubbles. When the soap reaches the trace stage, pour it into a prepared bread pan (lined with parchment paper). When the soap sets, slice it into bars.

February 26

Chocolate Mint Milk Soap

Materials

- 10 ounces frozen milk • $\frac{1}{2}$ C lye
- 3 C extra virgin olive oil • 1 ounce castor oil • 2 tbsp peppermint essential oil • 2 tsp cocoa

Directions

Follow the instructions in the Milk Soap recipe, adding the peppermint essential oil and cocoa. Stir well to make sure that the cocoa is completely blended into the soap mixture.

February 27

Carrot Soap – Cold Process

Materials

- ½ C baby carrot puree • ½ C water from cooking the carrots • ½ C lye
- 2 ounces castor oil • 1 C coconut oil • 2 ½ C extra virgin olive oil
 - 3-4 drops carrot essential oil

Directions

Mix carrot puree and water from cooking carrots. Then, follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

February 28

Soap Box

Materials

- 1 pound clear glycerin soap base • 2 tbsp coconut oil • 2 tbsp liquid aloe vera • Food grade colorant • 3-4 drops coconut essential oil • Box candy mold • Mini soaps mold

Directions

In a double boiler over medium heat, combine the glycerin soap base and coconut oil. When ingredients have melted and blended together, add the aloe vera and remove from heat. Add a few drops of colorant until mixture reaches desired shade, and add the coconut essential oil. Pour into molds. When they have set, remove and place mini soaps inside the soap box.

February 29

Chamomile Goat's Milk Soap

Materials

- 1 pound goat's milk soap base • 2 tbsp coconut oil • 1 tsp rice bran oil • 1 tsp rosehip oil • 5-6 drops chamomile essential oil • Dried chamomile flowers

Directions

In a double boiler over medium heat, combine the glycerin soap base, rice bran oil, rosehip oil, and coconut oil. When ingredients have melted and blended together, add the aloe vera and remove from heat. Add the chamomile essential oil and dried chamomile flowers, pour into molds, and allow to set.

Make Your own Soap – Cold Process

One of the most common ways to make your own soap is to use the cold process method. While this method may seem overwhelming at first, it is actually quite easy, and you will be thrilled with the results. The first thing you need to do is to prepare the area you are going to work in. Make sure that you have all of the ingredients laid out, as well as molds and other supplies. Once you have everything all set up, use the following steps to make a variety of soaps.

- **Mix Your Ingredients** - The first step is to measure the oils in the recipe, place them in their appropriate bowls, and set them aside.
- **Safety Gear** – Next, make sure that you are wearing proper protective gear. This includes gloves (latex or rubber), and safety goggles. It is also a good idea to wear an apron to protect your clothing, and because there can be harsh fumes, you should also wear a face mask. Weigh out the lye, and set aside.
- **Measure the Water** – You will be using distilled water. Measure the amount needed for the recipe. Slowly add the water to the lye, being careful not to breathe in the fumes. Stir with a whisk, let sit for two minutes, and then stir once more. The mixture will be very hot because of the chemical reaction, so let it cool before making your soap.
- **Prepare the Oils** – Get the oils that you will be using in your soap ready. Be sure to heat any oils that need to be liquefied in order to make your soap.
- **Combine the Ingredients** – Once the lye and oil mixtures are at the optimal temperature, you can start combining them. When the mixtures have been combined, mix with a stick blender and by hand, alternating at intervals of 20 seconds or so, making sure not to splash any of the mixture. Make sure the last stirring is done by hand. Stir until what is known as “trace stage”. This is when you can lift a bit of the soap mix and then drizzle it back in, and you will see a trace of it on the surface. Now the soap is ready, and you can add fragrances, color, essential oils, *etc.*
- **Pour Soap into Molds** – Once you have added fragrances, it is time to

pour the soap mixture into molds. It is important to do this quickly, as the mixture will start to set. Give the molds a couple of taps against a counter to remove any air bubbles. Cover the molds with some brown paper or cardboard followed by a towel, and let sit for 48 hours.

- **Cure the Soap** – Remove the soap from the molds. They will remove easier if you place them in the freezer for a half an hour or so, and then let them sit for a few minutes before removal. Store the soap, uncovered, on a shelf for a couple of days, and then cut into bars. Allow the soap to sit on the shelf again for up to six weeks depending on the soap you have made. Once it is cured, you can wrap it up for gifts or start using it right away.

March

Spring is just around the corner, so it is time to start breaking out the fresh scents. This month, we have loads of great recipes that will make your home sparkle and smell like a spring day. Of course, there will also be plenty of personal care soap recipes, including recipes for shaving soaps and a whole lot more. You may even find a few special green soaps to have around your home or to give as gifts for St. Patrick's Day.

March 1

Square Soap Bars

Materials

- 1 pound melt and pour soap base (any kind) • 4-5 drops chamomile essential oil • 2 drops lavender essential oil • 2 drops rose essential oil
- Food grade colorant (optional) • Square soap mold (makes 4 bars)

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat, and add the essential oils and colorant. Pour into molds and allow to set for a couple of hours before removing from molds. Wrap in waxed paper to store.

March 2

Raspberry Liquid Soap

Materials

- 1 C Castile liquid soap • 2 tbsp liquid aloe vera • 1 vitamin E Capsule • 4-5 drops raspberry essential oil • 2-3 drops red food grade colorant

Directions

In a glass bowl, combine the Castile liquid soap, aloe vera, and the liquid from the vitamin E capsule. Stir slowly to avoid making bubbles. Add the essential oil and colorant, stirring slowly to blend. Pour mixture into a pump bottle

March 3

Soap Eggs

Materials

- 1 pound melt and pour soap base (any kind) • 1 tbsp liquid aloe vera
- 2 tbsp coconut oil • 5-6 drops lemon essential oil • 2-3 drops food grade colorant • Plastic eggs (the kind that are in 2 pieces) • Cooking spray

Directions

Open plastic eggs, and spray the inside of both halves of each egg with cooking oil (this will make it easier to remove the soap once it has set). Drill a hole in the top of each plastic egg, and put the eggs back together. In a double boiler over medium heat, combine the soap base, coconut oil, and liquid aloe vera. When ingredients have melted and blended together, remove from heat and add the essential oil and colorant. Stand the eggs in an empty egg tray with the holes on top. Using a funnel, pour the soap mixture into the eggs until they are filled. Allow to set, then twist apart and pull off the plastic to reveal your soap eggs.

March 4

Skin Softening Dish Liquid

Materials

- $\frac{1}{2}$ C unscented soap flakes • 3 C hot water • $\frac{1}{2}$ C glycerin • 1 tbsp liquid aloe vera

Directions

In a glass bowl, combine all of the ingredients, stirring slowly to prevent bubbles. Pour mixture into a clean dish liquid bottle and use as you would traditional dish liquid.

March 5

Baby Soap

Materials

- 1 pound goat's milk melt and pour soap base • 2 tbsp coconut oil • 1
tbsp shea butter • 2 drops lavender essential oil

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, and shea butter. When ingredients have melted and blended together, remove from heat and add the essential oil. Pour into prepared soap molds and allow to set.

March 6

Soap in a Tin

Materials

- ½ pound glycerin soap base • 2 tbsp coconut oil • 1 tbsp cocoa butter
- 3-4 drops spearmint essential oil • Tins with lids

Directions

In a double boiler over medium heat, combine soap base, coconut oil, and cocoa butter. When ingredients have melted and blended together, remove from heat and add the spearmint essential oil. Pour soap into tins. When soap sets, cover with the lids and they are ready to store, give as gifts, *etc.*

March 7

Milk Soap with Honey and Walnuts

Materials

- $\frac{1}{2}$ C canola oil • $1\frac{1}{2}$ C coconut oil • $1\frac{1}{2}$ C olive oil • $\frac{1}{2}$ C safflower oil • $\frac{1}{2}$ C sunflower oil • $1\frac{1}{2}$ C milk (freeze until it is slushy) • 6.5 ounces lye

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

March 8

Easy Soap in Your Microwave

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{4}$ C coconut oil
- 2 tbsp liquid aloe vera • 5-6 drops sweet orange essential oil • 3-4 drops orange food grade colorant or soap dye

Directions

In a glass bowl, combine soap base, coconut oil, and aloe vera. Heat in the microwave in 30-second increments, stirring each time until ingredients are completely melted and blended together. Slowly stir in the essential oil and colorant, and pour into prepared soap molds.

March 9

Kids' Confetti Soap

Materials

- 1 pound clear glycerin soap base • $\frac{1}{4}$ C coconut oil
- 1 vitamin E capsule • 3-4 drops raspberry essential oil • Tissue paper, various colors • Kids' soap molds (fun characters, animals, teddy bears, etc.)

Directions

Cut tissue paper into confetti-sized pieces. Set aside. In a glass bowl, combine the soap base, coconut oil, and the liquid from the vitamin E capsule. Heat in the microwave in 30-second increments, stirring each time. When mixture has completely melted and blended together, slowly stir in the raspberry essential oil. Fill molds $\frac{1}{4}$ of the way with soap mixture. Toss in a few of the confetti pieces, and fill the rest of the way. Stir with a stick to move the confetti pieces around. Set aside for a couple of hours to set.

March 10

Lavender Soap

Materials

- 1 C extra virgin olive oil • ½ C coconut oil
- 2 ounces rice bran oil • 2 ounces cocoa butter • 2 ounces shea butter
 - 1 tbsp alkanet root powder • 2.5 ounces lye
- 5.5 ounces pure distilled water • ½ ounce jojoba oil
- 6-8 drops lavender essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

March 11

Peppermint Soap

Materials

- 2.5 ounces sunflower oil • 1C extra virgin olive oil • 1C canola oil
- 1C coconut oil • 1C pure distilled water • 3.5 ounces lye • 5-6 drops peppermint essential oil • 3-4 drops green food grade colorant or soap dye

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

March 12

Chocolate Soap

Materials

- 2.5 ounces sunflower oil
- 1C extra virgin olive oil
- 1C canola oil
- 1C coconut oil
- 1C pure distilled water
- 3.5 ounces lye
- 2 tbsp cocoa powder

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

March 13

Chocolate Mint Swirl Soap

Materials

Peppermint Soap

- 2.5 ounces sunflower oil • 1C extra virgin olive oil • 1C canola oil
 - 1C coconut oil • 1C pure distilled water • 3.5 ounces lye • 5-6 drops peppermint essential oil • 3-4 drops green food grade colorant or soap dye
- Chocolate Soap
- 2.5 ounces sunflower oil • 1C extra virgin olive oil • 1C canola oil
 - 1C coconut oil • 1C pure distilled water • 3.5 ounces lye • 2 tbspcocoa powder
- Directions

Make 2 separate batches using the instructions in the “Make Your Own Soap – Cold Process” section of this e-book. Fill prepared molds half way with the peppermint soap, and then fill the rest of the way with the chocolate soap. Swirl the mixture with a toothpick and allow to set.

March 14

Carpet Cleaner

Materials

- ½ C All-purpose household cleaner (without bleach)
- ½ C fabric softener
- 1 C ammonia
- 1 gallon warm water

Directions

Combine ingredients in a bucket, and use with a carpet cleaning machine or with a sponge to spot clean.

March 15

Lavender Oatmeal Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{2}$ C finely ground oatmeal • 5-6 drops lavender essential oil • 2-3 drops purple food grade colorant or soap dye

Directions

In a double boiler over medium heat, melt the soap base. Slowly stir in the oatmeal, and remove from heat. Add the lavender essential oil and colorant, stirring slowly to blend. Pour into prepared soap molds and allow to set.

March 16

Aloe Face Scrub

Materials

- 1 pound goat's milk melt and pour soap base • 3 tbsp liquid aloe vera
- ½ C coarse sea salt • 3-4 drops peppermint essential oil

Directions

In a double boiler over medium heat, melt the soap base. Add the aloe vera, and remove from heat. Slowly stir in the sea salt and essential oil. Pour into prepared molds and allow to set.

March 17

Popsicle Soap

Materials

- 1 pound clear glycerin soap base • 1 tbsp liquid aloe vera • $\frac{1}{4}$ C coconut oil • 3-4 drops sweet orange essential oil • Food grade colorant or soap dye • Popsicle molds • Popsicle sticks • Cooking spray

Directions

Spray the inside of the Popsicle molds with cooking spray to make it easier to remove soap when it has set. In a double boiler over medium heat, combine the soap base, aloe vera, and coconut oil. When ingredients have melted and blended together, remove from heat and add the sweet orange essential oil and colorant. Pour into prepared Popsicle molds. When mixture is about half set, push in the Popsicle sticks. Allow to set completely, and remove soap from molds. You can also make multiple batches of soap in various colors for striped Popsicle soaps. Experiment with colors and scents.

March 18

Moisturizing Shampoo

Materials

- 1 C liquid Castile soap • $\frac{1}{4}$ C extra virgin olive oil • $\frac{1}{8}$ C raw honey
- 2 tbsp liquid aloe vera • 2-3 drops chamomile essential oil

Directions

In a glass bowl, combine all of the ingredients, stirring gently to avoid creating bubbles. Pour into a clean shampoo bottle, and use as you would commercial shampoo.

March 19

Vegan Shampoo

Materials

- 1 C pure distilled water • 1 C liquid Castile soap • 2 tbsp rice bran oil
- $\frac{1}{8}$ C liquid aloe vera • 4-5 drops lavender essential oil

Directions

In a glass bowl, combine all of the ingredients, stirring gently to avoid creating bubbles. Pour into a clean shampoo bottle, and use as you would commercial shampoo.

March 20

Dipped Candle Soap

Materials

- 1 pound melt and pour soap base, any kind • $\frac{1}{2}$ C coconut oil • 1 tbsp rice bran oil • 5-6 drops essential oil of choice • 3-4 drops food grade colorant or soap dye • String, cut into 6" lengths • Coat hanger
- Clothes pins

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, and rice bran oil. When ingredients have melted together and blended, turn heat down to minimum (just enough to keep mixture melted while you are working with it). Add the essential oil and colorant, stirring slowly to blend. Dip a length of string into the mixture, and hang from the coat hanger with a clothes pin. Repeat with the rest of the strings. When the first layer of soap has set, dip the strings again. Continue dipping until your soap looks like candles.

March 21

Coconut Milk Shampoo

Materials

- ½ C coconut milk
- ⅔ C baby shampoo
- 3 vitamin E capsules
- 15 drops lavender essential oil

Directions

Combine all of the ingredients in a Mason jar. Shake well and use.

March 22

Dry Shampoo

Materials

- ¼ C corn starch
- ¼ C rice flour
- ¼ C arrowroot powder
- 10-12 drops lemon essential oil

Directions

Combine all ingredients in a Mason jar. Shake well to blend, and shake well before each use.

March 23

Bar Shampoo

Materials

- 1C Extra virgin olive oil • 1 C coconut oil • $\frac{1}{2}$ C castor oil
- $\frac{1}{2}$ C jojoba oil
- 2 ounces shea butter • 2 ounces cocoa butter • 1 ounce grated beeswax • $\frac{1}{2}$ C pure distilled water • $\frac{3}{4}$ C coconut milk • $\frac{1}{2}$ C lye
- Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

March 24

Herbal Shampoo

Materials

- 3 C pure distilled water • $\frac{1}{2}$ C liquid Castile soap • 2 tbsp dried herbs (lavender, chamomile, lemon balm, etc.) • $\frac{1}{4}$ tsp extra virgin olive oil

Directions

In a saucepan over medium heat, combine the water and dried herbs. Allow mixture to steep for about four hours. In a glass bottle, combine 1C of the herb infusion water with the Castile soap and olive oil. Shake well before using.

March 25

Industrial Hand Cleaner

Materials

- 3.5 ounces cream soap base (available where you buy soap making supplies) • 1 tsp D-Limonene • 1 tsp fine pumice • ½ tsp red clay
- 5-6 drops lemon essential oil • Pure distilled water

Directions

In a glass bowl, combine all of the ingredients except the distilled water, stirring gently to blend. Use the water to thin out the mixture if it is too thick, using just a bit of water at a time until mixture reaches the desired consistency. Store in a covered glass jar.

March 26

Exfoliating Cream Soap

Materials

- 3.5 ounces cream soap base (available where you buy soap making supplies) • 1 tsp D-Limonene • 1 tsp fine pumice • 2 tsp orange peel granules • 4-5 drops orange essential oil • Pure distilled water

Directions

In a glass bowl, combine all of the ingredients except the distilled water, stirring gently to blend. Use the water to thin out the mixture if it is too thick, using just a bit of water at a time until mixture reaches the desired consistency. Store in a covered glass jar.

March 27

Shaving Soap

Materials

- 1 $\frac{3}{4}$ ounces cream soap base • $\frac{1}{4}$ tsp Panthenol pro-vitamin B5
- $\frac{1}{4}$ tsp Dimethicone
- $\frac{1}{8}$ tsp grapeseed oil • 4-5 drops lemon essential oil

Directions

In a glass bowl, combine all of the ingredients except the distilled water, stirring gently to blend. Use the water to thin out the mixture if it is too thick, using just a bit of water at a time until mixture reaches the desired consistency. Store in a covered glass jar.

March 28

Cream Pump Soap

Materials

- 1 $\frac{3}{4}$ ounces cream soap base • 1 $\frac{3}{4}$ ounces pure distilled water • 1 tsp liquid aloe vera • $\frac{1}{4}$ tsp grapeseed oil
- 4-5 drops sweet orange essential oil

Directions

In a glass bowl, combine all of the ingredients except the distilled water, stirring gently to blend. Use the water to thin out the mixture if it is too thick, using just a bit of water at a time until mixture reaches the desired consistency. Store in a covered glass jar.

March 29

Citrus Spray Cleaner

Materials

- 6 tbsp D-limonene
- 6 tbsp Polysorbate 20
- 3 C plus 4 tbsp warm water • 6 tbsp white vinegar • 6 tbsp liquid Castile soap • 4 tsp Borax powder
- ½ tsp grapefruit seed extract • 15-20 drops lemon essential oil

Directions

In a glass bowl, combine all of the ingredients. Stir gently to mix. Pour mixture into a spray bottle, and use as you would commercial spray cleaner.

March 30

Household Cleaning Paste

Materials

- 5.5 ounces baking soda • $\frac{1}{3}$ ounce Borax powder
- $\frac{1}{3}$ ounce washing soda
- 1 ounce liquid Castile soap • $\frac{1}{2}$ ounce Enzymatic concentrate • 10 drops lemon essential oil • 10 drops orange essential oil

Directions

In a glass bowl, combine baking soda, Borax powder, and washing soda. In a separate bowl, combine the Castile soap, Enzymatic concentrate, and essential oils. Combine both mixtures, and mix until it forms a paste. Store in a covered glass jar.

March 31

Fruit and Veggie Spray Wash

Materials

- 27 ounces warm, pure distilled water • 2 tbsp citric acid • 6 $\frac{3}{4}$ ounces Amphosol surfactant • $\frac{1}{8}$ tsp potassium sorbate • pH test strips

Directions

In a glass bowl, combine the water and Amphosol surfactant. In a separate bowl, combine citric acid with 1 C of water. Add this mixture by the drop to the first mixture, testing with the pH strips until the pH level is 3.5-4. Add potassium sorbate, and stir until dissolved. Pour into a spray bottle and use to clean fresh fruit and vegetables.

Make Your own Soap – Hot Process

When you make soap using the hot process, you are basically bringing the soap to the trace stage, and then heating it for up to two hours until it has completely saponified. Then, you can thin it out a bit if it is too thick using alcohol, and pour it into molds. This is a good process to use if you want to add fragrances and dyes. It will not cause any chemical reactions that change scents and colors, and it will not affect the color of herbs and process. This can often be a problem when you are using the cold process. The following are the steps you need to take in order to make soap using the hot process method.

- **Set Up a Pot** – You will need to have a large double boiler for making soap with the hot process method. Bring the water to a boil over medium heat.
- **Make the Soap** – Make your soap as you would with the first five steps of the cold process, and bring the soap to the trace stage. Once it has reached this stage, pour the mixture into the double boiler.
- **Cook the Soap** - Cover to lock in the heat and moisture, and let the mixture “cook” at a slow boil for about two hours. You may need to add water every so often to keep the pot from boiling dry. Once the soap begins to take on a translucent appearance, it is beginning to neutralize. At the two hour point, it should be neutral, and you can now add fragrances, essential oils, *etc.* If the mixture is too thick, it can be thinned down with a bit of alcohol. Vodka will do the trick as well.
- **Pour into Molds** – Once everything is well mixed, it is time to pour the soap mixture into molds. Once filled, tap the molds against the counter a couple of times to get rid of any air bubbles.

Hint

This mixture cools quickly. If it begins to harden before you have all of the molds filled, you can easily re-melt it in the double boiler.

April

Spring is here, and your home should smell as fresh inside as it does outside. This month, we have loads of great recipes for fresh-smelling household cleaners, as well as other recipes for hand soap, liquid soap, shampoos, and more. So, gather up all of the materials you will need, and have a fun month making fresh-scented soaps and cleaning products for your home and family.

April 1

Multi-Surface Spray Cleaner

Materials

- 2 C pure distilled water • 2.5 ounces Amphosol • ½ ounce white vinegar • 3 grams Tinosan
- ⅓ ounce Polysorbate 20
- 3 grams D-Limonene • 5-6 drops lemon essential oil

Directions

In a glass bowl, combine water, Amphosol, white vinegar, and Tinosan. In a separate bowl, combine Polysorbate, D-limonene, and essential oil. Combine both mixtures and stir well to combine. Pour into a spray bottle.

April 2

Ice Cube Bag Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{4}$ C coconut oil • 1 tbsp liquid aloe vera • 4-5 drops sweet orange essential oil • Ice cube bags

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add the essential oil. Allow mixture to cool for a few minutes, then carefully pour into ice cube bags. Tie the end as you would when making ice, and place in the freezer to set. Pop an “ice cube” out of the bag whenever you need soap. These make great guest soaps.

April 3

Rosemary Goat's Milk Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{3}$ C coconut oil
- 2 tbsp rice bran oil • 5-6 drops rosemary essential oil • Dried rosemary sprigs

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, and rice bran oil. When ingredients have melted and blended together, remove from heat and stir in the rosemary essential oil. Pour mixture into prepared soap molds. Press a sprig of dried rosemary into the top of each soap bar so the soap slightly covers it. Let mixture cool for a couple of hours to set.

April 4

Peppermint Liquid Hand Soap

Materials

- 1 C liquid Castile soap • 2 tbsp liquid aloe vera • ½ C pure distilled water • 6-8 drops peppermint essential oil

Directions

In a glass bowl, combine all of the ingredients, stirring slowly to mix without creating bubbles. Transfer mixture to a pump bottle.

April 5

Simple Oil Soap

Materials

- 1 C palm oil
- 1 C coconut oil • 1 C extra virgin olive oil • 1.5 ounces castor oil •
1 C pure distilled water • 3 ounces lye
- 5-6 drops essential oil of choice

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

April 6

Easy Soap

Materials

- 1 C extra virgin olive oil • 1 C lard
- $\frac{3}{4}$ C coconut oil • 2.5 ounces sunflower oil • 1.5 ounce castor oil • 3.5 ounces lye • 1 C pure distilled water • 4-5 drops lavender essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

April 7

Polka Dot Soap

Materials

- 1 pound white melt and pour soap base • 2 ounces clear melt and soap base • Essential oils of choice • Food grade colorant or soap dye of choice • Polka dot mold

Directions

In a double boiler over medium heat, melt the clear soap base. Remove from heat, add the essential oils and colorant, and pour into polka dot molds. In another double boiler over medium heat, melt the white soap base. Remove from heat, and add the essential oils. Place the polka dots into regular soap molds, upside down. Pour the white soap mixture on top, and allow to set.

April 8

Hearts in Circles Soap

Materials

- 1 pound white melt and pour soap base • $\frac{1}{2}$ pound clear melt and pour soap base • $\frac{1}{3}$ C coconut oil
- 3 tbsp liquid aloe vera • 5-6 drops cinnamon essential oil • 6-8 drops red food grade colorant or soap dye • Small heart molds
- Regular circle soap molds

Directions

In a double boiler over medium heat, combine clear soap base with 1 tbsp aloe vera. When ingredients have melted and blended together, remove from heat and add the cinnamon essential oil and colorant. Pour into heart shaped molds and allow to set. In a separate double boiler, combine the white soap base, coconut oil, and the rest of the aloe vera. When the ingredients have melted and blended together, remove from heat. Fill circle soap molds $\frac{1}{2}$ of the way with white soap mixture. Allow to set. Place hearts on top of soaps, re-melt the white mixture, and fill the molds the rest of the way, making sure not to completely cover the red hearts so they stand out.

April 9

Traditional Rectangular Soap Bars

Materials

- 1 pound glycerin melt and pour soap base (white or clear) • $\frac{1}{4}$ C coconut oil
- 1 tbsp rice bran oil • 2 tbsp liquid aloe vera • 5-6 drops grapefruit essential oil • 3-4 drops pink food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, rice bran oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add the grapefruit essential oil and colorant. Pour into rectangular soap molds and allow to set.

April 10

Bathtub Soap Flakes

Materials

- 1 pound white glycerin or goat's milk melt and pour soap base • $\frac{1}{4}$ C coconut oil • 5-6 drops rose essential oil • 3-4 drops pink food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat and add the rose essential oil and colorant. Pour into molds and allow to set. When soaps have set, grate the bars finely with a cheese grater. Store soap flakes in a glass jar, and use about ½ C per bath.

April 11

Aloe Vera Soap

Materials

- 2 C coconut oil • 2 C extra virgin olive oil • 1 ¼ C lard
- 1 C aloe vera gel • 7 ounces lye • 1 ¼ C pure distilled water

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

April 12

Basic Cold Process Soap Recipe

Materials

- 3 C extra virgin olive oil • 3 C coconut oil • 5 C lard
- 4 C pure distilled water • 3-4 ounces of essential oils (your choice)

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

April 13

Moisturizing Soap

Materials

- 3 C pure distilled water • 1 C sodium hydroxide • 2.5 C palm oil • 2 C coconut oil • 2 C safflower oil • 1 C sunflower oil • $\frac{1}{2}$ C sweet almond oil • 3-4 drops almond essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

April 14

Basic Cold Process Soap Recipe II

Materials

- 1 C coconut oil • 3 C extra virgin olive oil • 1 ¼ C pure distilled water • 1 ounce castor oil • 5 ounces lye
- 4-5 drops lavender essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

April 15

Hempseed Oil Soap

Materials

- 2.5 ounces castor oil • 6 ounces coconut oil • 7 ounces extra virgin olive oil • 6 ounces palm oil
- 3 ounces hempseed oil • 1 C pure distilled water • 3.5 ounces lye
- 5-6 drops lemon essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

April 16

Coffee Soap

Materials

- $\frac{1}{2}$ C shea butter • 1 C coconut oil • $1\frac{1}{2}$ C extra virgin olive oil • $\frac{1}{3}$ C castor oil • $\frac{1}{3}$ C palm oil
- $1\frac{1}{2}$ C pure distilled water • 4.5 ounces lye

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

April 17

Guitar Mini Soaps

Materials

- ½ pound clear glycerin melt and pour soap base • 1 tbsp liquid aloe vera • 1 vitamin E capsule
- 3-4 drops orange essential oil • 3-4 drops red food grade colorant or soap dye • Guitar silicone ice cube molds

Directions

In a double boiler over medium heat, combine the soap base, the liquid from the vitamin E capsule, and aloe vera. When ingredients have melted and blended together, remove from heat and add the orange essential oil and colorant. Pour into molds as per instructions for ice cubes.

April 18

Easy Dish Soap

Materials

- 1 C liquid Castile soap • 5-6 drops lemon essential oil • 2 drops grapefruit essential oil • 3 drops orange essential oil

Directions

In a glass bowl, combine all of the ingredients, stirring gently to mix without creating bubbles. Transfer mixture to an empty dish liquid bottle. Experiment with using different essential oils to create your favorite scent.

April 19

Stovetop Dish Soap

Materials

- ½ C soap flakes (grate any bar of your favorite unscented soap) • 3 C hot water • ½ C glycerin • 6-8 drops lemon essential oil

Directions

In a glass bowl, combine the soap flakes and hot water, stirring until the soap flakes are completely melted. Allow mixture to cool for 5-10 minutes, and add the glycerin and lemon essential oil. Pour mixture into a clean dish liquid bottle.

April 20

Dishwasher Detergent

Materials

- 3 C Borax powder
- 3 C baking soda or washing soda

Directions

In a glass bowl, combine the ingredients and mix well. Transfer mixture to a covered container. To use, place 3 tbsp of the mixture into the detergent dispenser.

April 21

Dishwasher Detergent II

Materials

- ½ C Borax powder • ½ C baking soda or washing soda • 2 tbsp coarse salt • 2 tbsp citric acid • 8-10 drops lemon essential oil

Directions

In a glass bowl, combine all of the ingredients and mix well. Transfer mixture to a covered container. To use, add 1 tbsp of mixture into detergent dispenser.

April 22

Liquid Laundry Detergent

Materials

- 1 laundry soap bar, shaved so you have 1 C of shavings • 2 C boiling water • 1 C Borax powder • 1 C baking soda • 1 gallon lukewarm water • 8-10 drops lemon essential oil

Directions

In a saucepan, combine shaved laundry soap and water. Bring to a boil to melt the soap shavings. Slowly add the Borax powder and baking soda, stirring slowly to mix. Add the lukewarm water and essential oil, mix well, and pour into jugs.

April 23

Liquid Laundry Detergent II

Materials

- 2 ounces liquid Castile soap • 4 tbsp glycerin • 2 C washing soda • 2 C baking soda • 4 C warm water • 20-30 drops lemon essential oil

Directions

Combine all of the ingredients together in a plastic jug. Cover and shake well before each use.

April 24

Re-Batch Soap

Materials

- 2 C grated soap bars

Directions

In a double boiler over medium heat, melt the old soap bars. Pour mixture into prepared soap molds and allow to set.

April 25

Re-Batch Honey and Almond Soap

Materials

- 1 ½ C grated soap bars, unscented
- ½ C finely ground oatmeal
- 2 tbsp raw honey
- 2 tsp almond oil

Directions

Follow the same directions for Re-Batch Soap, adding the raw honey and almond oil during the melting process.

April 26

Honey Soap

Materials

- 1 pound solid Castile soap • $\frac{1}{4}$ pound raw honey • 1 ounce glycerin
- 2 tbsp finely ground oatmeal • 4-5 drops chamomile essential oil

Directions

In a double boiler over medium heat, combine soap, raw honey, and glycerin. When ingredients have melted and blended together, remove from heat and stir in oatmeal and chamomile essential oil. Pour into prepared soap molds and allow to set.

April 27

Sand Soap

Materials

- 1 pound glycerin melt and pour soap base, white • $\frac{1}{2}$ C fine sand • 2 tsp eucalyptus essential oil

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat, and stir in the sand and eucalyptus essential oil. Pour into prepared soap molds and allow to set. This is a great cleansing soap for mechanics and others who tend to get really dirty hands.

April 28

Coconut Oil Soap

Materials

- 1 C coconut oil
- 1 C extra virgin olive oil
- 3 ounces lye
- 1 C pure distilled water

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

April 29

Lemon Dish Soap

Materials

- 1 C liquid Castile soap • $\frac{1}{3}$ C pure distilled water • 1 tsp glycerin
- 15 drops lemon essential oil • $\frac{1}{2}$ tsp salt

Directions

In a glass bowl, combine the lemon essential oil and salt, stirring to mix. Add the distilled water, glycerin, and Castile soap, and stir gently to mix without creating bubbles. Transfer mixture to a clean dish liquid bottle, and shake well before each use.

April 30

Tallow Soap

Materials

- 3 ounces coconut oil
- 7.5 ounces lard
- 4 ounces lye
- 6 ounces extra virgin olive oil
- 13.5 ounces tallow
- 11 ounces pure distilled water

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

Make Your own Soap – Melt and Pour Method

This is the easiest way to make your own soap, and you can do it in under 20 minutes. All you need to do is get some blocks of melt and pour soap base. There are a variety of types you can use, and all you have to do is melt them in a double boiler (some recipes also call for the microwave or a crock pot), add any extra ingredients such as essential oils and colorants, and then pour the soap into molds. There may be a foamy layer on top. This is easy to get rid of by spraying a little bit of alcohol on top of the soap as soon as it is poured. It only takes a couple of hours for the soap to set and be ready to use, or you can put the molds into the freezer to set the soap in a half an hour or so.

Types of Melt and Pour Soap Bases

There are several different types of melt and pour soap bases, and each have their own special properties. They are all easy to use, although some work better with certain additives than other bases do. Here is a rundown of the most popular soap bases you can use for your soap-making projects.

- **Clear Glycerin** – This is a great base to use when you are just getting started. It is also ideal for soaps that have embedded items, because you will be able to see them. Be aware that heavier additives do tend to sink in this base, and the lighter ones will float to the top. One additive that works particularly well with clear glycerin is soap glitter, so you can make some fun soaps for kids. Be careful with fragrance oils, as they can cloud the glycerin. It is best to use essential oils rather than fragrance oils.
- **Olive Oil Glycerin** – This is also a clear base, but it does have a bit of cloudiness that is somewhat greenish in color. This can cause problems with certain colorants, because it will change the color. Keep this in mind to make sure you get the colors you want (use a color wheel to know how colors blend). This is a suspension base, so additives don't tend to float or sink. Because this base contains olive oil, it provides a lot of nourishment for your skin.
- **White Glycerin** – Another non-suspension base, additives can sink or float. But, this is great base for colored and crayon soaps, as it is opaque. This is best used for solid colored soaps rather than marbled soaps, because of the fact that additives float. It is ideal for herbal soaps where you want the herbs to be visible on one side of the soap for decoration.
- **Goat's Milk Glycerin** – Here is an opaque suspension base, so you can have the solid colors or marbling. Additives won't sink or float, and you can get really creative with this type of soap base. It is also really good for your skin, because of the smoothing properties in the goat's milk. It is perfect for herbal additives, and you can use any color to get a true color because of the white base.
- **Shea Butter Glycerin** – This is one more suspension base, so your additives won't float or sink. It contains anti-aging properties, and helps to keep your skin soft and smooth. Shea butter is even known to help reduce the appearance of scars, stretch marks, etc., and it can be used to sooth rashes and burns.

May

Spring has really sprung now. The grass is green, the trees are full of leaves, and flowers are beginning to bloom. This also means that fresh herbs are also blooming, and you can use a lot of them to create your own soaps. This month, we have recipes that use fresh and dried herbs for facial and hand soaps, not to mention loads of other great recipes for household cleaners, shampoo, and a whole lot more.

May 1

Creamy Castile Soap

Materials

- 2 C pure distilled water
- 6 ounces lye
- 2 C extra virgin olive oil
- 2 ¼ C shortening
- 4-5 drops sweet orange essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Heat Process” section of this e-book.

May 2

Soap Beads

Materials

- 1 pound clear glycerin soap base • $\frac{1}{4}$ C coconut oil
- 1 tsp rice bran oil • 5-6 drops cherry blossom essential oil • 4-5 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, and rice bran oil. When ingredients have melted and blended together, remove from heat and add cherry blossom essential oil and colorant. Pour into large bead molds. Keep three or four large beads in soap dishes in your guest bathroom.

May 3

Lemon Bread Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{4}$ pound white glycerin melt and pour soap base • $\frac{1}{2}$ C coconut oil • 2 tbsp cocoa butter • 8-10 drops lemon essential oil • 4-5 drops yellow food grade colorant or soap dye • Loaf pan
- Cooking Spray

Directions

In a double boiler over medium heat, combine the clear glycerin soap base, coconut oil, and cocoa butter. When ingredients have melted and blended together, remove from heat and add 6-8 drops of lemon essential oil and colorant. Spray loaf pan with cooking spray, and pour soap mixture in. While the mixture is setting, in a separate double boiler, melt the white glycerin soap base. Remove from heat, and add 2-4 drops of lemon essential oil. Pour on top of the clear soap base to create the “frosting”. When set, cut into slices.

May 4

Bath Crayons

Materials

- ¼ pound clear glycerin melt and pour soap base • 4-5 drops essential oil of choice • Variety of food grade colorant or soap dye • Lip balm tubes

Directions

Grate the soap base into a glass bowl that is microwave safe. Heat the glycerin in the microwave in 30-second increments until it is completely melted. Separate glycerin into smaller glass bowls, and add different colors. Pour mixtures into lip balm tubes so coloring with the bath crayons isn't messy.

May 5

Herbal Soap Cubes

Materials

- 1 pound shea butter melt and pour soap base • 2 tbsp liquid aloe vera
- ½ C aloe vera lotion base • 3-4 drops chamomile essential oil • 2 drops rosemary essential oil • Fresh chamomile and rosemary sprigs
- 2-3 drops green food grade colorant or soap dye • Silicon cube mold

Directions

In a double boiler over medium heat, combine soap base, aloe vera, and lotion base. When ingredients have melted and blended together, remove from heat and add the essential oils and colorant. Pour into cube molds, and press sprigs of fresh chamomile and rosemary on top of each cube, making sure that the soap covers them a little bit.

May 6

Oily Skin Cleansing Bars

Materials

- 1 pound white glycerin melt and pour soap base • 2 tsp olive leaf powder • 4 tsp green clay powder • 3 drops tea tree essential oil • 2 drops rosemary essential oil

Directions

In a double boiler over medium heat, melt the glycerin soap base. Remove from heat, and add the olive leaf powder and clay powder. Stir with a whisk to make sure that there are no lumps. Add the essential oils, and pour into molds.

May 7

Dry Skin Cleansing Bars

Materials

- 1 pound shea melt and pour soap base • ½ ounce shea butter • ½ ounce jojoba oil • 4-5 drops chamomile essential oil

Directions

In a double boiler over medium heat, combine the soap base, shea butter, and jojoba oil. When ingredients have melted and blended together, remove from heat and add the chamomile essential oil. Pour into prepared molds.

May 8

Gradient Glitter Soap

Materials

- 1 pound clear glycerin melt and pour soap base • 2 tbsp food grade silver glitter • Purple food grade colorant or soap dye • Loaf mold

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat and add the glitter. Pour even amounts into five to six glass bowls. Add 2 drops of colorant to one bowl, 4 drops to the next, 6 drops to the next, and so on, so you have varying shades of purple. Pour the lightest color into the mold, and allow to set. Re-heat the next color, and pour on top of the first. Repeat this process until all of the shades of purple are used. Cut into slices so you can see the color gradient.

May 9

Golden Glitter Glycerin Bars

Materials

- 1 pound clear glycerin melt and pour soap base • 3 tbsp liquid aloe vera • 2 vitamin E capsules
- 2 tbsp food grade gold glitter • 5-6 drops frankincense essential oil

Directions

In a double boiler over medium heat, combine the soap base, the liquid from the vitamin E capsules, and aloe vera. When ingredients have melted and blended together, remove from heat and add the glitter, colorant, and frankincense essential oil. Pour into prepared soap molds and allow to set.

May 10

Chamomile Flower Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{3}$ C coconut oil
- 2 tbsp cocoa butter • 1 tbsp liquid aloe vera • 4-5 drops chamomile essential oil • Dried or fresh chamomile flowers

Directions

In a double boiler over medium heat, combine soap base, coconut oil, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add the chamomile essential oil. Pour into soap molds. Carefully place 5-6 flowers on top of each soap, and gently stir into soap. Allow to set.

May 11

Sea Glass Soap

Materials

- 1 pound clear glycerin melt and pour soap base • Green food grade colorant or soap dye • Essential oils of choice

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat, and add essential oils and green colorant (enough to make the soap the color of green sea glass). Pour into molds, filling about $\frac{1}{4}$ of the way. When soap is set, break into small chunks to look like pieces of broken glass.

May 12

Soft Baby Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{4}$ C coconut oil • 3-4 drops lavender essential oil • Silicone heart molds

Directions

In a double boiler over medium heat, combine soap base and coconut oil. When ingredients have melted and blended together, remove from heat and add the lavender essential oil. Pour into molds and allow to set.

May 13

Men's Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{3}$ C coconut oil • 2
tbsp liquid aloe vera • 5-6 drops spearmint essential oil

Directions

In a double boiler over medium heat, combine soap base, aloe vera, and coconut oil. When ingredients have melted and blended together, remove from heat and add the spearmint essential oil. Pour into molds and allow to set.

May 14

Travel Soap

Materials

- ½ pound clear glycerin melt and pour soap base • 3 tbsp liquid aloe vera • 1 tsp rice bran oil • 5-6 drops orange essential oil

Directions

In a double boiler over medium heat, combine soap base, rice bran oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add the orange essential oil. Pour into mini soap molds and allow to set.

May 15

Lemon Tart Soaps

Materials

- 1 pound white melt and pour soap base • 2 vitamin E capsules • 6-8 drops lemon essential oil • 4-5 drops yellow food grade colorant or soap dye • Silicone tart molds

Directions

In a double boiler over medium heat, combine two thirds of the soap base the liquid from the vitamin E capsules. When ingredients have melted and blended together, remove from heat and add the lemon essential oil. Pour into molds and allow to set. In another double boiler, melt the rest of the white soap base. Whip with a whisk to make it “fluffy”, and pour on top of lemon soap tarts to be the meringue.

May 16

Basic Cold Process Soap

Materials

- 1 C coconut oil • 2 C extra virgin olive oil • 1 C palm oil
- 2 ounces shea butter • 1 ½ C pure distilled water • 5 ounces lye
- 8-10 drops of essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

May 17

Green Tea Soap

Materials

- 1 C coconut oil • 1 C extra virgin olive oil • 1 C palm oil
- 1 C sunflower oil • 3 C pure distilled water • 2 green tea bags • 2-3 drops lemon essential oil

Directions

Steep the green tea bags in the water for about an hour. Remove from heat, remove the tea bags, and use 1 ½ C of the tea in your soap recipe. Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

May 18

Soap Chocolates

Materials

- ½ pound white glycerin melt and pour soap base • ¼ C coconut oil • 1 tbsp cocoa butter • 1 tbsp cocoa powder • 2-3 drops chocolate fragrance oil

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, cocoa butter, and cocoa. When ingredients have melted and blended together, remove from heat and add the chocolate fragrance oil. Pour into silicone candy molds.

May 19

Glitter Soap Balls

Materials

- 1 pound clear glycerin melt and pour soap base • 2 tbsp liquid aloe vera • 1 tsp rice bran oil
- ¼ C food grade pink glitter • 4-5 drops strawberry essential oil • 3-4 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base, aloe vera, and rice bran oil. When ingredients have melted and blended together, remove from heat and stir in the glitter, strawberry essential oil, and colorant. Pour into ball molds and allow to set.

May 20

Cucumber Soap

Materials

- 1 ½ C tallow • 1 C cucumber pulp (peel cucumber and run through a blender or food processor to create a puree) • ½ C sunflower oil • ¾ C pure distilled water • ¼ C lye flakes • Liquid from 2 vitamin E Capsules • 2-3 drops cucumber essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

May 21

Cucumber Soap II

Materials

- 2 C sunflower oil • 3 ½ C coconut oil • 3 C extra virgin olive oil • 2 ½ C palm oil • ½ C shea butter • 2 C cucumber juice • 2 ½ C pure distilled water • 2 C lye
- 3-4 drops cucumber essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

May 22

Cucumber Glycerin Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{4}$ C coconut oil • 2 tbsp liquid aloe vera • 5-6 drops cucumber essential oil • 2-3 drops green food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add the cucumber essential oil and colorant. Pour into molds and allow to set.

May 23

Fresh Strawberry Soap

Materials

- ½ pound clear glycerin soap base • 3 tbsp liquid aloe vera • 2 vitamin E capsules
- 5-6 drops strawberry essential oil • 4-5 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base, aloe vera, and liquid from the vitamin E capsules. When ingredients have melted and blended together, remove from heat and add the strawberry essential oil and colorant. Pour into silicone strawberry molds and allow to set.

May 24

Castile Soap

Materials

- 2 ½ C extra virgin olive oil
- ¼ C coconut oil
- ¼ C palm oil
- 1 C pure distilled water
- 3 ounces lye
- 1 ounce fragrance oil of choice

Directions

Follow the “Make Your Own Soap – Cold Process” section of this e-book.

May 25

Coconut Oil Soap

Materials

- 2 $\frac{1}{4}$ C extra virgin olive oil • 1 $\frac{1}{2}$ C coconut oil • 1 C palm oil
- 1 ounce shea butter • 6 ounces lye
- 1 $\frac{3}{4}$ C pure distilled water

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

May 26

Basic Natural Soap

Materials

- $\frac{3}{4}$ C pure distilled water • 2.5 ounces lye • 1 C extra virgin olive oil
- $\frac{3}{4}$ C coconut oil • 1 tbsp castor oil • Essential oils or fragrance oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

May 27

Transparency Design Soaps

Materials

- 1 pound clear glycerin melt and pour soap base • 3 tbsp liquid aloe vera • Transparency design sheets • Essential oils of choice

Directions

Cut out transparency designs to fit into soap molds and set aside. In a double boiler over medium heat, combine the soap base and aloe vera. When ingredients have melted and blended together, remove from heat and add the essential oils. Pour some of the mixture into soap molds, place a transparency design on each soap, and fill the rest of the way with the rest of the soap mixture. Allow to set.

May 28

Laundry Liquid

Materials

- 1 bar of white unscented soap • 1 C washing soda • $\frac{1}{2}$ C borax • 3 gallons plus 4 C warm water • 8-10 drops lemon essential oil

Directions

Boil 4 C of water. Grate the bar of white soap and add to boiling water, stirring to dissolve soap flakes. In a bucket, combine the rest of the water, the water and soap mixture, and washing soda. Allow mixture to sit for 5 minutes to ensure that the washing soda completely dissolves. Add the borax, and stir to dissolve. Add the lemon essential oil, and pour into covered containers.

May 29

Easy Oatmeal and Honey Soap

Materials

- 1 ½ C white unscented soap, grated • ½ C finely ground oatmeal • 2
tbsp raw honey • 2 tsp almond oil

Directions

In a double boiler over medium heat, combine the soap flakes, honey, almond oil, and oatmeal. When ingredients have melted and blended together, remove from heat and pour into molds. Allow to set.

May 30

Easy Honey Soap

Materials

- 1 pound Castile soap, grated • $\frac{1}{4}$ pound raw honey • 1 ounce glycerin
- 2 tbsp finely ground oatmeal • 3-4 drops lavender essential oil

Directions

In a double boiler over medium heat, combine the grated Castile soap, honey, glycerin, and oatmeal. When ingredients have melted and blended together, remove from heat and add the lavender essential oil. Pour into molds and allow to set.

May 31

Easy Lavender Soap

Materials

- 4 bars white, unscented soap, grated • $\frac{1}{2}$ C dried lavender flowers, crushed • 2-3 drops lavender essential oil

Directions

In a double boiler over medium heat, melt the grated soap. When the soap has melted, remove from heat and stir in crushed lavender flowers and lavender essential oils. Pour into molds and allow to set.

Make Your own Soap – Liquid Soap

There are all kinds of ways to make liquid soap, and most are super-easy. These soaps are convenient to have in the kitchen, and they are also ideal in the bathroom for those who prefer liquid to bar soap. They can even be used as shampoos in a pinch. You will find all kinds of great liquid soap recipes on the Internet, as well as in loads of books that you can find in your local library. We have included several liquid soap recipes in this e-book for you to enjoy, and they are all easy to make.

What do You Need?

You only need a few ingredients to make liquid soaps, and unlike bar soaps, you can get those ingredients at local stores without having to order anything from soap-making suppliers. For most of the recipes that are in this e-book, you will need to use vegetable glycerin and Castile liquid soap, both of which are available at grocery stores and pharmacies. Other ingredients, such as essential oils, can be found at most health food stores.

No Cooking Involved

Unlike bar soaps, there is no need to use a double boiler or a crock pot to make your liquid soaps. You can easily make any liquid soap in just a few minutes, and it is ready to use as soon as you make it. It doesn't get much easier than that. All you need for tools are a glass bowl, a wooden spoon, a bottle to store the soap in, and the ingredients for whichever recipe you are using.

June

June is the month for weddings. If you are planning a wedding, and wondering what to give out for favors to your guests, consider giving home-made soap products. This month, you will find some great recipes for mini soaps that make perfect wedding favors, as well as bottled soap products that you can use for shower gifts, wedding gifts, and more. You will also find other great recipes for glycerin soaps, cold process soaps, hot process soaps, and other fun recipes that you will be dying to try.

June 1

Easy Hot Process Soap

Materials

- 1 C coconut oil
- 1 C extra virgin olive oil
- $\frac{3}{4}$ C shortening
- 3 ounces lye
- 1 C pure distilled water

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

June 2

Oatmeal Hot Process Soap

Materials

- 1 C coconut oil • 1 C extra virgin olive oil • 1 C vegetable shortening
• 4 ounces lye
- 1 C pure distilled water • 2 tbsp finely ground oatmeal • 3-4 drops
rose essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

June 3

Single Soap Bar

Materials

- ½ C pure distilled water
- 5 tsp lye
- 1 C lard
- 2-3 drops chamomile essential oil
- 1 tsp liquid aloe vera

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

June 4

Creamy Castile Soap

Materials

- 2 C pure distilled water • 5 ounces lye
- 2 C extra virgin olive oil • 1 C coconut oil • 2 C shortening • 2 drops lemon essential oil • 2 drops grapefruit essential oil • 2 drops sweet orange essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

June 5

Aloe Vera Soap

Materials

- 4 bars Castile soap, grated • 4 tbsp liquid aloe vera • 3 tbsp rosewater
- 10 drops tangerine essential oil • 5 drops sweet orange essential oil

Directions

In a double boiler over medium heat, combine the grated Castile soap, aloe vera, and rosewater. When ingredients have melted and blended together, remove from heat and add the essential oils. Pour into molds and allow to set.

June 6

Coconut Soap

Materials

- 2 ½ C coconut oil
- ½ C extra virgin olive oil
- 1 ½ C lard
- 2 ½ C pure distilled water
- ¾ C caustic soda

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

June 7

Clear Honey Soap

Materials

- 1 C pure distilled water
- 6 ounces caustic soda
- 1 kg tallow
- 1 ½ ounces raw honey
- 1 C coconut oil
- 2 tbsp sugar, caramelized

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

June 8

Cold Process Honey Soap

Materials

- 2 ½ C pure distilled water
- ¾ C caustic soda
- 5 C tallow
- 2 ounces raw honey
- 1 C coconut oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

June 9

Sandalwood Soap

Materials

- 2 C pure distilled water • 6 ounces lye
- 2 C coconut oil • $\frac{3}{4}$ C palm oil
- 1 $\frac{1}{2}$ C extra virgin olive oil • $\frac{1}{2}$ C wheat germ oil • 2 ounces sandalwood essential oil • $\frac{1}{2}$ ounce sandalwood powder

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

June 10

Lemon Balm Soap

Materials

- 3 ½ C extra virgin olive oil • 2 ½ C coconut oil • 1 C sunflower oil
- ½ C castor oil • 2 ½ C lemon balm tea • 1 C lye
- 3-4 drops lemon essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

June 11

Soap Sticks

Materials

- 1 pound goat's milk melt and pour soap base • 2 tbsp liquid aloe vera
- 2-3 drops bubble gum fragrance oil • 4-5 drops pink or blue food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and aloe vera. When ingredients have melted and blended together, remove from heat and add the fragrance oil and colorant. Pour into silicone stick molds and allow to set.

June 12

Black Raspberry Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{4}$ C raspberry seeds
- 4-5 drops black raspberry essential oil • 3-4 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat and stir in the raspberry seeds, black raspberry essential oil, and colorant. Pour into molds and allow to set.

June 13

Olive Oil Soap

Materials

- 6 C extra virgin olive oil
- 6 ounces lye
- 2 C pure distilled water
- 4-5 drops lemongrass essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

June 14

Exfoliating Strip Soap

Materials

- 4 C extra virgin olive oil • 2 C coconut oil • 6 ounces lye
- 2 C pure distilled water • 4-5 drops chamomile essential oil • 2 drops lavender essential oil • ½ C apricot kernel meal

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book. When filling the soap molds, fill half way, sprinkle on the apricot kernel meal, and then continue filling with soap mixture.

June 15

Strawberry Preserves Soap

Materials

- 1 ½ C coconut oil • ¾ C palm oil
- ¾ C extra virgin olive oil • ¾ C canola oil
- ¼ C rice bran oil • ¼ C shea butter
- 5 ounces lye
- 1 ½ C pure distilled water • 2 ounces strawberry preserves • 2 tbsp poppy seeds • 4 tbsp finely ground oatmeal • 3-4 drops red food grade colorant or soap dye

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

June 16

Beeswax Soap

Materials

- $\frac{1}{2}$ C almond oil • $\frac{3}{4}$ C canola oil • 1 C coconut oil • 1 C extra virgin olive oil • $\frac{3}{4}$ C soybean oil • 1 ounce grated beeswax • 4 ounces lye
- 1 $\frac{1}{2}$ C pure distilled water • 2 tbsp raw honey

Directions

In a saucepan, combine oils and heat to 150 degrees F. Add the beeswax, and cool to 115 degrees F. Combine lye and water and add to oils. At light trace stage, add honey and stir until everything is combined. Pour into molds and allow to set.

June 17

Borax Soap

Materials

- 1 C coconut oil • 4 C tallow • 4 C pure distilled water • 1 C lye
 - $\frac{2}{3}$ C borax • 1 C boiling water
- Directions

Dissolve the borax in boiling water and set aside. In a double boiler over medium heat, combine the coconut oil and tallow. When ingredients have melted and blended together, set aside and allow to cool. Combine lye flakes and cold water until lye is dissolved. When the mixtures are lukewarm, slowly pour the lye mixture into the fat mixture, stirring gently until it is thick and creamy. Add the borax and stir until mixture is thickened. Pour into molds and allow to set.

June 18

Tea Tree Soap

Materials

- 1 C extra virgin olive oil • $\frac{1}{2}$ C coconut oil • $\frac{1}{4}$ C sweet almond oil
- $\frac{1}{4}$ C avocado oil • $\frac{3}{4}$ C pure distilled water • 2.5 ounces lye • $\frac{1}{2}$ ounce tea tree oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

June 19

Shea Butter Soap

Materials

- 1 C coconut oil • $\frac{3}{4}$ C canola oil • 1 ounce castor oil • 1 C lard
- $\frac{2}{3}$ C shea butter • 5 ounces lye
- 1 C pure distilled water • Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

June 20

Insect Repellant Soap

Materials

- 1 ½ C tallow • ½ C coconut oil • ¾ C pure distilled water • ¼ C lye
- 4-5 drops citronella essential oil • 4-5 drops eucalyptus essential oil
 - 4-5 drops lavender essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

June 21

Wedding Favor Rose Soaps

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{4}$ C coconut oil
- 2 tbsp liquid aloe vera • 4-5 drops rose essential oil • 4-5 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add rose essential oil and colorant. Pour into rose shaped silicone molds and allow to set. Place into drawstring bags to use as wedding favors.

June 22

Liquid Soap Wedding Favors

Materials

- 6 C liquid Castile soap • 6 tbsp liquid aloe vera • 4 vitamin E capsules • 15-20 drops lavender essential oil

Directions

In a glass bowl, combine all of the ingredients (squeeze the liquid out of the vitamin E capsules), stirring gently to mix without creating bubbles. Pour into pretty pump bottles to use as wedding favors.

June 23

Herbal Liquid Soap

Materials

- 1 C liquid Castile soap • 1 tbsp liquid aloe vera • 1 tsp rice bran oil
- Sprigs of dried or fresh herbs (sage, lavender, rosemary, etc.) • Essential oils of choice

Directions

In a glass bowl, combine Castile soap, aloe vera, rice bran oil, and essential oils. Stir gently to mix without creating bubbles. Place herb sprigs into pump bottles, and pour the soap mixture in.

June 24

Cucumber/Aloe Vera Glycerin Soap

Materials

- 1 pound white glycerin melt and pour soap base • 4 tbsp liquid aloe vera • 2 tbsp C cucumber juice • 3-4 drops cucumber essential oil
- 3-4 drops green food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, aloe vera, and cucumber juice. When ingredients have melted and blended together, remove from heat and add cucumber essential oil and colorant. Pour into molds and allow to set.

June 25

Pomegranate Soap

Materials

- 1 pound clear glycerin melt and pour soap base • 2 tbsp liquid aloe vera • $\frac{1}{4}$ C coconut oil
- 2 tbsp pomegranate juice • 3 drops pomegranate essential oil • 4-5 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, aloe vera, and pomegranate juice. When ingredients have melted and blended together, remove from heat and add pomegranate essential oil and colorant. Pour into molds and allow to set.

June 26

Kids' Soap Bracelets

Materials

- 1 pound white glycerin melt and pour soap base • 2 tbsp liquid aloe vera • 5-6 drops raspberry essential oil • 3-4 drops red food grade colorant or soap dye • Silicone stick molds

Directions

In a double boiler over medium heat, combine soap base and aloe vera. When ingredients have melted and blended together, remove from heat and add raspberry essential oil and colorant. Pour into molds and allow to set until almost firm but bendable. Carefully remove sticks from molds, and form them into a bracelet, squeezing the ends together so they stick.

June 27

Wedding Favor Soap Gems

Materials

- 1 pound clear glycerin melt and pour soap base • 4 tbsp liquid aloe vera • ½ C coconut oil
- Essential oils of choice • 4 different colorants

Directions

Divide soap base into four equal parts. In a double boiler over medium heat, combine one part soap base, aloe vera, and coconut oil. When ingredients have melted and blended together, remove from heat and add essential oils and colorant. Pour into gem shaped molds and allow to set. Repeat with other colors. Put a few soaps into drawstring bags to use as wedding favors.

June 28

Shower Gel

Materials

- 2 C pure distilled water • 1 4-ounce bar unscented white soap, grated
- 3-4 drops sweet orange essential oil • 2-3 drops orange food grade colorant or soap dye

Directions

In a saucepan, combine grated white soap and distilled water. Bring the mixture to a simmer over medium heat. When soap flakes have completely dissolved, remove from heat. Allow mixture to sit for 24 hours. Add sweet orange essential oil and colorant, and pour into a squeeze bottle.

June 29

Whipped Shaving Soap

Materials

- 1.5 C pure distilled water • 1 4-ounce bar unscented white soap, grated
- 2-3 drops lemon essential oil

Directions

In a saucepan, combine grated white soap and distilled water. Bring the mixture to a simmer over medium heat. When soap flakes have completely dissolved, remove from heat. Allow mixture to sit for 24 hours. Add sweet lemon essential oil and pour into a pump bottle.

June 30

Liquid Hand Soap

Materials

- 6 C pure distilled water • 1 4-ounce bar unscented white soap, grated
- 4-5 drops apple essential oil • 3-4 drops green food grade colorant or soap dye

Directions

In a saucepan, combine grated white soap and distilled water. Bring the mixture to a simmer over medium heat. When soap flakes have completely dissolved, remove from heat. Allow mixture to sit for 24 hours. Add apple essential oil and colorant, and pour into pump bottles.

Make Your Own Soap – Foaming Soaps

Foaming soap may look like a challenge to make, but it is just as easy to make as liquid soap. You don't need a lot of ingredients, and you don't need a lot of special tools. Foaming soaps are great for hand soap, because anyone who uses it can be sure that they are going to get all of the soap they need in just one pump. You actually use a lot less soap when you use foaming soaps, so in addition to saving money by making your own, you also save money by making it last longer than regular liquid soap.

Ingredients You will Need

The first thing you need to make a foaming soap is a cheap liquid soap. You can even use Castile liquid soap if you like something with no scent so you can add your own. Then, all you need is water, and if you want a scent, you can use essential oils or fragrance oils. You don't need to cook anything on the stove or in a crock pot, and your soap will be ready to use in just a few minutes.

Adding Colorants

You have the option to add colorants to your foam soap recipes. This is easy to do. All you need is food grade colorants. Use a few drops at a time until the soap reaches the desired shade. That's all there is to it. Once you have added the colorant, you can pour the mixture into a pump bottle.

Remember, the mixture is just going to look like regular liquid soap while it is in the bottle. The magic happens when you pump it out, and it turns into foam.

July

Summer is here, and it is time to get out there and enjoy the sunshine. But, you can still find plenty of time for making some awesome soaps. In fact, you can make soaps that will help soothe your skin after a day in the sun, because they are loaded with aloe vera and other skin softening agents. Be sure to check out the many other great soap-making recipes to make this month, including carpet cleaners and dish washer detergent.

July 1

Shower Gel

Materials

- 2C shower gel base • 20 drops geranium essential oil • 16 drops rosemary essential oil • 20 drops bergamot essential oil • 8 drops juniper essential oil

Directions

Combine shower gel base with essential oils, adding the oils one drop at a time and mixing as you work. Mix slowly to avoid a lot of bubbles in the mixture. Once everything is well-mixed, pour into a pump bottle. Label with the date.

July 2

Foaming Cleanser

Materials

- 4 tbsp castile or other liquid soap base • 3 tsp avocado oil
- 4 drops lemon essential oil • 4 drops orange essential oil • 4 drops grapefruit essential

Directions

Combine in a bottle and shake well. Label with date. Remember to shake up the ingredients before each use.

July 3

Luxurious Skin Cleanser

Materials

- ½ C sweet almond oil • 3 drops lavender essential oil • 1 tbsp grated beeswax • 1 tbsp pure distilled water • 1 drop frankincense essential oil

Directions

In a double boiler over medium heat, combine beeswax and sweet almond oil. Place a Pyrex jar in a pan of simmering water, and add the distilled water. When the wax and oil are melted, add the warm distilled water, drop by drop. Remove from heat after adding half of the water. Add the rest of the water by drops, mixing with a whisk. Add the essential oils when the mixture begins to thicken. Pour into jars, cover, and label with the date.

July 4

Body Wash

Materials

- $\frac{1}{4}$ C raw honey • $\frac{1}{4}$ C coconut oil • $\frac{1}{2}$ C liquid Castile soap • 3 vitamin E capsules • 12 drops eucalyptus essential oil • 15 drops sweet orange essential oil • 10 drops lemon essential oil

Directions

Melt solid coconut oil in the microwave for 30 seconds or so until completely melted. Add raw honey, liquid from vitamin E capsules, and essential oils, stirring with a whisk. Next, add the Castile soap slowly, stirring, but gently so there are no bubbles. Pour mixture into bottles and shake before using.

July 5

Green Apple Dish Soap

Materials

- $\frac{1}{4}$ C unscented soap flakes • $1\frac{1}{2}$ C hot water • $\frac{1}{4}$ C glycerin • 5 drops green apple essential oil

Directions

In a double boiler over medium heat, melt the soap flakes and glycerin in the hot water. Remove from heat and let cool. When the mixture cools, add the green apple essential oil. Store in an old dish liquid squirt bottle.

July 6

All-Purpose Cleaner

Materials

- 2 C water
- 2 tbsp mildly-scented dishwashing liquid (lemon)
- 5 drops lemon essential oil

Directions

Combine all ingredients and put them into a spray bottle. Shake well before each use to make sure that all of the ingredients are well-blended.

July 7

Flea Shampoo

Materials

- 10 ounces pure distilled water • 2 ounces liquid aloe vera • 1 tbsp liquid Castile soap • 2 drops peppermint essential oil • 2 drops eucalyptus essential oil • 2 drops lavender essential oil • 2 drops rosemary essential oil

Directions

Mix all ingredients together and pour into a plastic squirt bottle. Shake well and then have fun trying to get your pet into the bathtub.

July 8

Dry Shampoo

Materials

- 4 drops rosemary essential oil • 4 drops tea tree oil • 4 drops lavender essential oil • 25 grams unscented talc

Directions

Place the talc in a blender, and add the essential oils, drop by drop, mixing on low speed. Place mixture into a container that can be tightly sealed. Use 1-2 teaspoons when you need to wash your hair but don't have time for a shower.

July 9

Citrus Dishwashing Liquid

Materials

- 20 ounces liquid castile soap • 20 drops lime essential oil • 10 drops sweet orange essential oil • 5 drops citrus seed extract

Directions

Combine castile soap, essential oils, and citrus seed extract into a squeeze bottle. Shake before each use. When using, add 1-2 tablespoons to dishwater and agitate to get the water sudsy.

July 10

Oven Cleaner

Materials

- $\frac{1}{4}$ C washing soda • 1 box baking soda • $\frac{1}{2}$ C table salt • $\frac{1}{4}$ C water
- $\frac{3}{4}$ C vinegar • 10 drops lemon essential oil • 10 drops thyme essential oil

Directions

In a glass bowl, combine washing soda, baking soda, and salt. Add enough water to create a paste. Spread this paste on the oven racks and walls, and let sit for 20-30 minutes (oven pre-heated to 250 degrees). Mix vinegar and essential oils in a spray bottle. Spray the oven walls and racks with this mixture, then wipe clean with a damp cloth and rinse well.

July 11

Alopecia Shampoo

Materials

- 100 ml shampoo base • 15 drops jojoba oil • 8 drops carrot essential oil • 7 drops rosemary essential oil • 7 drops lavender essential oil
- 2 drops tea tree oil

Directions

Combine all ingredients in a squeeze or pump bottle. Use instead of your regular shampoo for alopecia.

July 12

Foaming Carpet Shampoo

Materials

- 6 C water • 1 ½ C liquid castile soap • 20 drops peppermint essential oil

Directions

Combine all of the ingredients together in a blender until mixture is foamy. Rub the foam into dirty areas of your carpet with a sponge. Allow to dry, and then vacuum as normal to get rid of the dirt and any remaining foam.

July 13

Toilet Bowl Cleaner

Materials

- 2 C water • $\frac{1}{4}$ C liquid castile soap • 1 tbsp tea tree oil • 10 drops peppermint essential oil

Directions

Add all of the ingredients to a spray bottle. Shake well to mix the ingredients together. Spray on the inside of the toilet bowl, and on all of the surfaces to disinfect the whole toilet. Wipe with a damp cloth.

July 14

Washing Machine Freshener

Materials

- White vinegar
- Lemon essential oil

Directions

Fill washing machine as normal with laundry, and add laundry detergent. Fill the bleach dispenser with vinegar, and add a couple of drops of lemon essential oil. Not only will this keep your washing machine smelling fresh, it will also soften the laundry and add a nice scent to your clothing.

July 15

Simple Liquid Soap

Materials

- 2 C unscented liquid soap • 5 drops lemon essential oil • 10 drops sweet orange essential oil • 5 drops grapefruit essential oil

Directions

Combine all ingredients in a soap pump bottle and shake gently to make sure everything is well blended without making it foamy.

July 16

All-Purpose Kitchen Cleaner

Materials

- Water • 20 drops lemon essential oil • 10 drops sweet orange essential oil

Directions

Fill a dark glass bottle with water. Add the essential oils and shake well. To use, pour a bit of the mixture onto a cloth or a sponge and wipe down the area that needs to be cleaned.

July 17

Kitchen Soap

Materials

- 1 C unscented liquid soap
- 3 drops lemon essential oil
- 6 drops coffee essential oil

Directions

In a glass bowl, combine liquid soap and essential oils, stirring gently to mix without creating bubbles. Pour into a pump bottle.

July 18

Flea Shampoo for Dogs

Materials

- 3 ounces liquid castile soap
- 1 ounce liquid aloe vera or aloe vera gel • 10 drops sweet orange essential oil • 10 drops cedarwood essential oil

Directions

Combine ingredients in a pump bottle. Shake to mix, and use regularly throughout flea and tick season.

July 19

Bath Gel

Materials

- $\frac{1}{2}$ C water • $\frac{3}{4}$ C grated castile soap • 3 tbsp dried or fresh rose petals
- 3-4 drops rose essential oil

Directions

Crush the rose petals into a powder or paste (depending if you use dried or fresh flowers) with a mortar and pestle. Boil the water, and add the grated soap, stirring with a whisk until it is dissolved. Remove from heat, and add the rose essential oil and flower paste or powder. Pour into a glass bottle, cover, and label with the date.

July 20

Liquid Hand Soap

Materials

- 4 ounces liquid castile soap • 1 ounce rosewater
- 20 drops lavender essential oil • 10 drops rose essential oil • 10 drops lemon essential oil • 5 drops chamomile essential oil

Directions

Combine castile soap and essential oils in a pump bottle. This is a great soap for softening your cuticles so you can easily push them back. It is also a disinfecting soap.

July 21

Multi-Purpose Household Cleaner

Materials

- 2 C vinegar • 2 C water • 5 drops lemon essential oil • 10 drops pine essential oil

Directions

Combine ingredients in a spray bottle and shake well. To use, shake before using, and spray onto hard surfaces that need cleaning. This can also be used as a floor cleaner, but it may be damaging to some wood floors, so test a small section first.

July 22

Honey Shower Gel

Materials

- $\frac{2}{3}$ C liquid castile soap • 2 tbsp raw honey
- 2 vitamin E capsules • 1 tsp jojoba oil
- 2 tsp vegetable glycerin • 10 drops lemon essential oil • 5 drops grapefruit essential oil

Directions

Combine all of the ingredients in a glass bowl, and whisk to blend. Pour into a pump bottle, and use whenever you want a fresh scent in the shower.

July 23

Facial Cleanser

Materials

- 2 ounces pure distilled water • 1 drop marshmallow essential oil • 1 drop chamomile essential oil • 1 drop olive leaf essential oil • 1 drop rose hip essential oil

Directions

Combine all of the ingredients in a small glass bowl, and stir to mix. To use, dip a sponge into the mixture, and rub on your face for exfoliation, followed by pouring the rest of the mixture onto a washcloth and washing your whole face and neck area.

July 24

Foaming Facial Cleanser

Materials

- 4 tbsp liquid castile soap • 3 tsp avocado oil
- 4 drops lemon essential oil • 4 drops orange essential oil • 4 drops grapefruit essential oil

Directions

Combine all of the ingredients together in a glass bottle. Cover and store in a cool, dark place. Shake well before each use.

July 25

Morning Shower Gel

Materials

- 1 C shower gel base
- 10 drops geranium essential oil • 10 drops bergamot essential oil • 6 drops rosemary essential oil • 5 drops juniper essential oil • 5 drops petit grain essential oil • 2 drops basil essential oil

Directions

Combine ingredients in a glass bowl, stirring gently to mix without creating any bubbles. Add some food grade colorant if you want. Pour mixture into a pump bottle, and use in your morning showers.

July 26

Essential Oil Shampoo

Materials

- 1 tbsp sweet almond oil • 3 drops lavender essential oil • 2 drops rose essential oil • 1 drop lemon essential oil • Shampoo of choice

Directions

Combine the first four ingredients, and pour into a dark glass bottle (amber to keep the light out). Add 7-8 drops of this mixture to your favorite shampoo.

July 27

Citrus Floor Cleaner

Materials

- 10 drops sweet orange essential oil
- 5 drops lemon essential oil
- 1 gallon hot water

Directions

Combine essential oils in a bucket of hot water. Clean floors as normal. Rinse with clear water to get rid of any oily residue.

July 28

Mild Castile Soap

Materials

- 6 C extra virgin olive oil
- 6 ounces lye
- 2 C pure distilled water

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

July 29

Dandelion and Honey Soap

Materials

- 2 C extra virgin olive oil • 1 C coconut oil • $\frac{1}{3}$ C sunflower oil • $\frac{1}{4}$ C shea butter • $\frac{1}{4}$ C jojoba oil • 1 C dandelion tea • 4 ounces lye

Directions

Pick a bunch of fresh dandelions and leaves. Place in a large Mason jar (fill about half way), and cover with boiling water. Let sit for 12-24 hours to steep. Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

July 30

Mint Soap

Materials

- $\frac{1}{2}$ C avocado oil • 3 C coconut oil • 4 C extra virgin olive oil • $\frac{1}{2}$ C castor oil • $\frac{1}{4}$ C shea butter • 1 C lye
- 2 $\frac{1}{2}$ C mint tea

Directions

Steep 2 mint teabags for a couple of hours. Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

July 31

Orange Cream Soap

Materials

- 1 pound white glycerin melt and pour soap base • 2 tsp annatto seeds
- 1 ounce extra virgin olive oil • 1 tbsp poppy seeds • 8-10 drops orange essential oil

Directions

In a double boiler over medium heat, combine the soap base and olive oil. When ingredients have melted and blended together, remove from heat and stir in the annatto seeds and poppy seeds. Add the orange essential oil. Pour into soap molds and allow to set.

Make Your Own Soap – Cream Soap

In this e-book, you are going to find a few recipes for silky smooth cream soap. This is as easy to make as the melt and pour soaps, and it doesn't take very long to make a batch. One of the main differences between regular bar soap and cream soap is that the cream soap contains vegetable shortening and vegetable glycerin. These are the ingredients that are going to make the soap nice and creamy.

How to Make Your Soap Creamy

In addition to needing special ingredients for the creamy texture, there is a bit of a difference in the way that you blend all of the ingredients together. Instead of gently stirring, you want to really whip the mixture. This needs to be done until the mixture begins to thicken. Once you have added all of the main ingredients and your cream soap is at the desired texture, it is time to start putting in the additives.

Using Additives in Cream Soap

Once your cream soap has reached the desired consistency, you can begin to fold in any additives that your recipe calls for. Once everything is well blended, pour mixture into glass jars, cover, and label with the date. You can start using your cream soap as soon as it is made.

August

Just because summer is coming to an end, it doesn't mean that you can't enjoy the fresh scents of summer all year long. It's time to start picking the last of your fresh herbs and flowers, and drying them out to use in many of the soap recipes you will find for this month. The bar soaps will last for months, so even in the middle of winter, you will still have those wonder summer scents.

August 1

Citrus Shower Gel

Materials

- 8 ounces shower gel base
- 5 drops lemon essential oil • 5 drops sweet orange essential oil • 2 drops peppermint essential oil

Directions

Combine all ingredients together in a pump bottle. Shake to mix. To use, shake well and use as you would a traditional body wash.

August 2

Lavender Bubble Bath

Materials

- 1 C rice bran oil
- $\frac{1}{2}$ C liquid castile soap • $\frac{1}{4}$ C raw honey
- 5 drops lavender essential oil

Directions

Combine all of the ingredients together and pour into a pump bottle. To use, add about $\frac{1}{4}$ C of the mixture to your bathwater.

Citrus Mint Layered Soap

Materials

- 12 ounces glycerin soap base • Green and yellow food-based colorant
- 4 tsp liquid aloe vera • 3 drops lemon essential oil • 3 drops peppermint essential oil

Directions

In two double boilers over medium heat, melt half of the glycerin soap base with 2 tsp of the aloe vera in each pot. Remove both pots from heat, and in one, add the peppermint essential oil and green coloring. In the other pot, add the lemon essential oil and yellow coloring. Next, pour a half inch layer of green mixture in a small bread pan. Give it a few minutes to set, and pour a layer of yellow on. Keep repeating the process with both colors until it is all used. You may need to re-melt the soaps between layers. Let set, remove from pan, and cut into soap bars.

August 3

Citrus Mint Layered Soap

Materials

- 12 ounces glycerin soap base • Green and yellow food-based colorant
 - 4 tsp liquid aloe vera
- 3 drops lemon essential oil • 3 drops peppermint essential oil

Directions

In two double boilers over medium heat, melt half of the glycerin soap base with 2 tsp of the aloe vera in each pot. Remove both pots from heat, and in one, add the peppermint essential oil and green coloring. In the other pot, add the lemon essential oil and yellow coloring. Next, pour a half inch layer of green mixture in a small bread pan. Give it a few minutes to set, and pour a layer of yellow on. Keep repeating the process with both colors until it is all used. You may need to re-melt the soaps between layers. Let set, remove from pan, and cut into soap bars.

August 4

Foaming Hand Soap

Materials

- $\frac{1}{3}$ C liquid castile soap • $\frac{2}{3}$ C pure distilled water • 4 drops lemon essential oil • 4 drops sweet orange essential oil • 2 drops lemongrass essential oil

Directions

Combine the liquid soap and essential oil in a pump bottle, shaking gently to mix. Top up the jar with the distilled water. To use, pump out the soap, add a bit of water, and rub your hands together to create a nice lather.

August 5

Sink Stain Remover

Materials

- $\frac{1}{4}$ C washing soda • $\frac{1}{4}$ C baking soda • $\frac{3}{4}$ C white vinegar • 8 drops tea tree essential oil

Directions

Mix sodas and essential oils in a container with a lid. Shake well before each use. To use, sprinkle a little bit on the sink stain and scrub. Rinse with vinegar, followed by hot water.

August 6

Kitchen Wipes

Materials

- 12” squares of cotton fabric • 1 C water • 1 ounce liquid castile soap
- 8 drops lemon essential oil

Directions

Combine the liquid ingredients and essential oil in a jar, cover tightly and shake to mix. Stuff as many of the fabric squares into the jar as will fit. Cover until you are ready to use. After you use a cloth, you may put it back into the jar to use again later.

August 7

Rose Glycerin Soap

Materials

- 1 pound clear glycerin soap base • 2 tbsp liquid aloe vera • 4-6 drops rose essential oil • Red food grade colorant or soap dye • Rose soap molds

Directions

In a double boiler over medium heat, combine the soap base and aloe vera. When ingredients have melted and blended together, remove from heat and add 3-4 drops of colorant (enough to make mixture pink). Transfer $\frac{1}{3}$ of mixture to another saucepan, and add more colorant until mixture is dark pink or red. Add half of the rose essential oil to each mixture. Pour darker mixture into rose soap molds, and $\frac{1}{4}$ of lighter mixture into regular molds. When roses have set, place them in the regular soap molds, and cover with the rest of the lighter mixture (you may have to re-melt it at this point).

August 8

Lemon Hand Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{2}$ C coconut oil • 6-8 drops lemon essential oil • 5-6 drops yellow food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat and add the lemon essential oil and colorant. Pour into lemon shaped soap molds and allow to set.

August 9

Chocolate Bar Soap

Materials

- ½ pound goat's milk melt and pour soap base • ¼ C coconut oil
- 4-5 drops chocolate fragrance oil • 1 tbsp cocoa powder • 3-4 drops brown food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat and add the chocolate fragrance oil, cocoa powder, and colorant. Pour into chocolate bar molds and allow to set.

August 10

Rose Liquid Soap

Materials

- 1 C liquid Castile soap • 3 tbsp liquid aloe vera • 2 vitamin E capsules • 2 tbsp rosewater • 4-5 drops rose essential oil • Dried rose buds • 3-4 drops red food grade colorant

Directions

Place a few rose buds in a pump bottle. In a glass bowl, combine the Castile soap, aloe vera, rosewater, and the liquid from the vitamin E capsules. Slowly stir in the rose essential oil and colorant. Pour mixture over rose buds in pump bottle.

August 11

Kitchen Floor Cleaner

Materials

- 1 gallon hot water • 1 C white soap, grated • 1 C white vinegar • 20 drops lemon essential oil

Directions

Combine the hot water and grated soap in a bucket and stir until soap is completely melted. Add the vinegar and essential oil, and clean floors as usual.

August 12

All-Purpose Foaming Stovetop Cleaner

Materials

- 1 C white vinegar • 1 C baking soda • Lemon essential oil

Directions

Pour baking soda onto stains on the stovetop. Place a few drops of lemon essential oil on top and stir in, and pour vinegar over mixture. Allow mixture to sit for 10 minutes before wiping.

August 13

Bathtub Cleaner

Materials

- 1 C white vinegar
- 1 C all-purpose lemon cleaner • 1 gallon hot water
- 30 drops lemon essential oil • 20 drops eucalyptus essential oil

Directions

Combine all of the ingredients in a bucket and use with a sponge or cloth to clean the tub and shower.

August 14

Soap Disks

Materials

- ½ pound clear glycerin melt and pour soap base • 1 tbsp liquid aloe vera • 3-4 drops frankincense essential oil • 3-4 drops green food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and aloe vera. When ingredients have melted and blended together, remove from heat and add the frankincense essential oil and colorant. Pour into disk-shaped molds and allow to set.

August 15

Your Initials Here Soap

Materials

- ½ pound goat's milk melt and pour soap base • ¼ C coconut oil
- 1 tbsp liquid aloe vera • Essential oils of choice • Colorant of choice
 - Initials soap molds

Directions

In a double boiler over medium heat, combine soap base, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add essential oils and colorant. Pour into initial soap molds and allow to set.

August 16

Funnel Cake Soap

Materials

- 1 pound white glycerin melt and pour soap base • $\frac{1}{2}$ C coconut oil
- 2 tbsp liquid aloe vera • 2-3 drops cinnamon essential oil • 2 drops maple fragrance oil • 3-4 drops tan soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add cinnamon essential oil, maple fragrance oil, and colorant. Instead of pouring into molds, spread out a piece of parchment paper or waxed paper, and pour the soap mixture through a funnel in the shape of funnel cakes.

August 17

Carnival Soap

Materials

- 1 pound clear glycerin melt and pour soap base • 2 tbsp liquid aloe vera • $\frac{1}{4}$ C coconut oil
- 6-8 drops cotton candy fragrance oil • Pink and blue food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add cotton candy fragrance oil. Divide mixture in half, and color one half pink and the other blue. Slowly pour a bit of the pink in a mold, then a bit of the blue, being careful that they don't blend together. When molds are filled, carefully swirl the colors with a toothpick for a cotton candy effect.

August 18

Candy Apple Soap

Materials

- 1 pound clear glycerin melt and pour soap base • 3 tbsp liquid aloe vera • $\frac{1}{4}$ C coconut oil
- 6-8 drops green apple essential oil • 2-3 drops cinnamon essential oil
 - 5-6 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add essential oils and colorant. Pour into molds and allow to set.

August 19

Hot Buttered Popcorn Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{2}$ C coconut oil
- 1 tbsp liquid aloe vera • 5-6 drops buttered popcorn fragrance oil • 3-4 drops yellow food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add buttered popcorn fragrance oil and colorant. Pour into molds and allow to set.

August 20

County Fair Pageant Glitter Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{3}$ C coconut oil
- 1 tbsp rice bran oil • 2 tbsp food grade silver glitter • 4-5 drops lavender essential oil • 3-4 drops purple food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, and rice bran oil. When ingredients have melted and blended together, remove from heat and add lavender essential oil, glitter and colorant. Pour into pretty molds and allow to set.

August 21

Magic Wand Soap

Materials

- ½ pound clear glycerin melt and pour soap base • 2 tbsp gold food grade glitter • 5-6 drops yellow food grade colorant or soap dye • Sucker sticks
- Star-shaped sucker molds

Directions

In a double boiler over medium heat, melt the soap base. When ingredients have melted and blended together, remove from heat and glitter and colorant. Pour into sucker molds, and put the sucker sticks in place. Allow to set.

August 22

Race Car Soap

Materials

- 1 pound white glycerin melt and pour soap base • Food grade paint or soap paint, various colors • Race car soap molds

Directions

In a double boiler over medium heat, melt the soap base. When ingredients have melted and blended together, remove from heat. Pour into sucker molds and allow to set. Remove from molds, and use soap paints to color in the details.

August 23

Hollyhock Soap

Materials

- 4 ounces lye
- 1 C hollyhock tea infusion (steep hollyhock flowers in boiling water for a few hours) • 2 C extra virgin olive oil • 1 C coconut oil
- ¼ C shea butter
- 2 ounces rice bran oil • Pink food grade colorant or soap dye • Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

August 24

Disinfecting Wipes

Materials

- 1 C pure distilled water • 2 tbsp white vinegar
- 1 tsp unscented dish soap • 6-8 drops lemon essential oil • Squares of cotton fabric • Plastic container with cover

Directions

Place the cotton fabric squares in the plastic container. In a glass bowl, combine the water, vinegar, dish soap, and essential oil. Pour over cotton squares to make sure they are soaked, and cover.

August 25

Disinfecting Wipes II

Materials

- 1 C pure distilled water • 2 tbsp liquid Castile soap • 5-6 drops tea tree oil • 2-3 drops eucalyptus essential oil

Directions

Place the cotton fabric squares in the plastic container. In a glass bowl, combine the water, essential oils, and Castile soap. Pour over cotton squares to make sure they are soaked, and cover.

August 26

Bathroom Glass and Tile Cleaner

Materials

- 1 C white vinegar • 1 C orange, grapefruit, and lemon rinds • 5-6 whole cloves

Directions

Place all of the ingredients in a Mason jar. Cover, and let sit for 3-4 weeks to create an infusion. Pour liquid into a spray bottle to clean glass and tiles.

August 27

Vinegar Dish Soap

Materials

- 1 C pure distilled water
- 3 tbsp liquid Castile soap
- ½ C white vinegar
- 5-6 drops lemon essential oil

Directions

Combine all of the ingredients in a clean dish liquid bottle. Shake well before each use.

August 28

Shower Cleaner

Materials

- 1 C pure distilled water
- 3 tbsp liquid Castile soap
- ½ C white vinegar
- 5-6 drops grapefruit essential oil

Directions

Combine all of the ingredients in a spray bottle. Shake well before each use.

August 29

Laundry Stain Remover Spray

Materials

- 1 C white vinegar
- 2 C pure distilled water
- $\frac{1}{4}$ C clear, unscented dish liquid

Directions

Combine all of the ingredients in a spray bottle. Shake well before each use.

August 30

Toilet Bowl Cleaner

Materials

- 1 C baking soda
- 20 drops tea tree essential oil

Directions

Mix the baking soda and tea tree essential oil. Sprinkle into the toilet, allow to sit for a few minutes, and wipe away.

August 31

Anise Soap

Materials

- ¼ C anise seeds
- 1 C tallow
- ¼ C extra virgin olive oil
- ½ C pure distilled water
- 2 tbsp lye

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

Make Your Own Soap – Dish Liquid

Home-made soaps aren't limited to soaps for personal hygiene. There are many household cleaners you can also make yourself, including dish liquid. It is easy to make, and it is ideal for anyone who has allergies to the scented products that are available commercially. You can use just about any additives you want that are used in soap making, and you don't need to bother with cooking at all.

Ingredients Used to Make Dish Liquid

One of the main ingredients you will be using in the dish liquid recipes in this e-book is Castile liquid soap. You can also use any other type of unscented liquid soap. Other ingredients you will be using include water, aloe vera, vitamin E, and essential oils. You may wish to use colorants, but be careful because they could end up staining your dishes if you use too much.

Making Dish Liquid

Most dish liquid recipes are pretty much as simple as the liquid hand soap recipes. You just have to combine all of the ingredients, and stir gently to make sure that they are all well blended without creating any bubbles. Then, you simply pour the mixture into a clean, used dish detergent bottle, and you're ready to start doing dishes (ugh)!

September

School is back in session, and now you have loads of time to make your own soaps while the kiddies are in classes. Make sure that you make plenty of fun kids' soaps, so they can go to school looking and smelling nice and fresh, and have fun doing it. You can even make some nice soaps for your kids to give to their teachers, which is going to be much more appreciated than an apple. This month, you will also find other great recipes for a variety of soaps, using the hot and cold processes, as well as melt and pour soaps.

September 1

Disinfectant Cleaner

Materials

- 2 C pure distilled water
- 3 tbsp liquid Castile soap
- 15 drops lemon essential oil
- 20 drops tea tree oil

Directions

Combine all of the ingredients in a spray bottle. Shake well before each use.

September 2

Clear Glycerin Soap

Materials

- 1 pound clear glycerin soap base • $\frac{1}{2}$ C coconut oil • 1 tbsp liquid aloe vera

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat, pour into soap molds, and allow to set.

September 3

Bathtub Scrub

Materials

- 1 C baking soda • 30-40 drops lemon essential oil • 6 dozen egg shells

Directions

Clean egg shells and leave them out overnight so they completely dry out. Put dried egg shells in a food processor and crush to a fine powder. Combine all of the ingredients together in a glass jar. Cover and shake well. Store in a shaker jar.

September 4

Soft Scrubber

Materials

- 2 C baking soda • $\frac{3}{4}$ C color and scent-free liquid laundry detergent
- 15 drops grapefruit seed extract

Directions

Mix the laundry detergent and baking soda, a bit at a time, until it is all blended. Add the grapefruit seed extract and mix well. Store in a covered container.

September 5

Stain Remover

Materials

- $\frac{1}{2}$ C clear or white dish liquid
- $\frac{1}{2}$ C glycerin
- 3 C pure distilled water

Directions

Combine all of the ingredients in a spray bottle. Shake well before each use.

September 6

Scouring Powder

Materials

- 2 C baking soda
- 2 C salt
- 2 C borax powder

Directions

Combine all of the ingredients in a glass bowl. Mix well, and transfer to a covered container. Shake well before each use to make sure the ingredients are well mixed.

September 7

Washing Machine Cleaner

Materials

- 2 C white vinegar • $\frac{1}{2}$ C baking soda • 10 drops lemon essential oil

Directions

Fill the washing machine to the highest level with hot water. Turn machine off, and pour vinegar and baking soda directly into the water. Turn machine back on and let it go through the wash cycle. Add the lemon essential oil to the rinse cycle for a fresh smell.

September 8

Powdered Laundry Detergent

Materials

- 1 bar Castile soap, finely grated • 1 C washing soda • $\frac{1}{2}$ C borax
- $\frac{1}{2}$ C oxygen cleanser

Directions

In a glass bowl, combine all of the ingredients. Mix well and transfer to a covered container. To use, add 1-2 tbsp to each load of laundry.

September 9

Lemongrass Soap

Materials

- 1 pound shea melt and pour soap base • $\frac{1}{4}$ pound shea melt and pour soap base • $\frac{1}{2}$ C finely ground oatmeal
- 3-4 drops lemongrass essential oil • 2-3 drops green tea fragrance oil

Directions

In a double boiler over medium heat, melt 1 pound of the soap base. Remove from heat and stir in the oatmeal. Add the lemongrass essential oil and green tea fragrance oil. Pour into molds and allow to set. In another double boiler, melt the rest of the soap base. Drizzle on top of the soap bars.

September 10

Pineapple Cream Soap

Materials

- 2 pounds shea melt and pour soap base • 1 C coconut oil • 6-8 drops pineapple essential oil • 4-5 drops yellow food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine 1 pound of soap base and $\frac{1}{2}$ cup of coconut oil. When ingredients have melted and blended together, remove from heat and add 3-4 drops of pineapple essential oil and colorant. In another double boiler, repeat the process with the remaining ingredients. Pour the white mixture into soap molds, filling them half way. Slowly pour the yellow mixture on top, and swirl with a toothpick. Allow to set.

September 11

Apple for the Teacher Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{4}$ C coconut oil
- 3 tbsp liquid aloe vera • 1 tsp rice bran oil • 5-6 drops apple essential oil • 5-6 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, rice bran oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add the apple essential oil and colorant. Pour into apple soap molds and allow to set.

September 12

Lathering Soap Bars

Materials

- 2 C coconut oil • 2 C palm oil
- 2 C extra virgin olive oil • $\frac{1}{4}$ C castor oil • 2 C pure distilled water
 - 7 ounces lye
- 5-6 drops chamomile essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

September 13

Moisturizing Soap Bars

Materials

- ½ C avocado oil • 1 C coconut oil • 2 C extra virgin olive oil • 1 C palm oil
- ½ C shea butter • 2 C pure distilled water • 5.5 ounces lye • 5-6 drops lemongrass essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

September 14

Skin Nourishing Soap

Materials

- ¼ C sweet almond oil • ¼ C avocado oil
- 1 C coconut oil
- 2 C extra virgin olive oil • ¼ C hempseed oil
- 1 C palm oil
- ½ C cocoa butter
- ¼ C wheat germ oil • Liquid from 3 vitamin E capsules • 2 C pure distilled water • 6 ounces lye
- 6-8 drops rose essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

September 15

Apricot Soap

Materials

- 2 C pure distilled water • $\frac{3}{4}$ C shea butter • $\frac{3}{4}$ C mango butter • 1 $\frac{1}{2}$ C apricot kernel oil • 1 $\frac{1}{4}$ C avocado oil • 1 C coconut oil • 6.6 ounces lye
- 8-10 drops apricot fragrance oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

September 16

“Shout” Stain Remover

Materials

- $\frac{2}{3}$ C dish detergent
- $\frac{2}{3}$ C ammonia
- 6 tbsp baking soda
- 2 C pure distilled water
- 6-8 drops lemon essential oil

Directions

In a glass bowl, combine all of the ingredients. Transfer to a spray bottle. Shake well before each use.

September 17

Yogurt Soap

Materials

- 2 ounces Argan oil • 2 ounces shea butter • 2 ounces cocoa butter
 - 2 ounces safflower oil • 1 C coconut oil
- 1 C palm oil
- 1 C extra virgin olive oil • 5 ounces lye
- 3 ounces plain Greek yogurt • 5-6 drops lavender essential oil • 3-4 drops chamomile essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

September 18

Granola Exfoliating Soap

Materials

- 2 C extra virgin olive oil • $\frac{3}{4}$ C hempseed oil • 1 C coconut oil • $\frac{1}{2}$ C soybean oil • $\frac{1}{2}$ C grapeseed oil • $\frac{1}{4}$ C shea butter • $\frac{1}{4}$ C cocoa butter • $\frac{1}{4}$ ounce grated beeswax • 1 $\frac{1}{2}$ C pure distilled water • 5 ounces lye

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

September 19

Goldfish Soap

Materials

- 1 pound clear glycerin melt and pour soap base • 2 tbsp liquid aloe vera • Plastic goldfish • Plastic baggies • Twist ties
- 2-3 drops light blue food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and aloe vera. When ingredients have melted and blended together, remove from heat and add the colorant. Carefully fill baggies $\frac{1}{3}$ of the way with the mixture, add the plastic goldfish, and fill the baggies to $\frac{3}{4}$ full with the rest of the soap mixture. Spin shut and seal with twist ties. This will be hot work, so be sure to wear oven mitts while handling the hot baggies.

September 20

Citrus Coconut Soap

Materials

- 1 pound shea melt and pour soap base • 2 tbsp citrus zest • 5-6 drops sweet orange essential oil • 2 tbsp finely shredded coconut

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat and stir in the citrus zest, sweet orange essential oil, and coconut. Pour into molds and allow to set.

September 21

Massage Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{4}$ C orange zest
- $\frac{1}{2}$ C whole black peppercorns • 10 drops clove essential oil • 10 drops lavender essential oil • 5 drops basil essential oil

Directions

In a microwave safe glass bowl, melt the soap base in the microwave. Stir in the peppercorns and essential oil. Pour into molds and allow to set.

September 22

Autumn Leaves Soap

Materials

- 1 pound clear glycerin melt and pour soap base • 2 tbsp liquid aloe vera • $\frac{1}{4}$ C coconut oil • Red, yellow, and orange food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base, aloe vera, and coconut oil. When ingredients have melted and blended together, remove from heat and separate into 3 glass bowls. Add colorants to the bowls, and pour mixtures into leaf soap molds. Allow to set.

September 23

Lemon Cream Sugar Soap

Materials

- 1 C foaming bath butter • $\frac{1}{2}$ C sugar
- 1 tbsp coconut oil • 1 vitamin E capsule • 6-8 drops lemon essential oil • 3-4 drops yellow food grade colorant or soap dye

Directions

In a glass bowl, combine the coconut oil, foaming bath butter, and the liquid from the vitamin E capsule. When the mixture is light and fluffy, add the lemon essential oil and colorant. Store in a sealed glass jar.

September 24

Grapefruit Lemon Striped Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{2}$ C coconut oil
- 3 drops grapefruit essential oil • 3 drops lemon essential oil • Pink and yellow food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat. Divide into two pots. In one pot, add grapefruit essential oil and pink colorant. In the other pot, add lemon essential oil and yellow colorant. Pour 1 inch of orange mixture in a loaf pan and allow to set. Next, pour on a 1 inch layer of cranberry mixture. Continue until all of the mixtures are used. You will need to re-melt mixtures throughout the process.

September 25

Coconut Whipped Soap

Materials

- 1 C foaming bath butter • 2 tbsp coconut oil • 2 vitamin E capsules
 - 1-2 tbsp coconut fragrance oil

Directions

In a glass bowl, combine the foaming bath butter, coconut oil, and liquid from the vitamin E capsules. Whip until the mixture is light and fluffy. Add the coconut fragrance oil, stir to mix, and store in a covered glass jar.

September 26

Crayon Remover

Materials

- ½ C lemon oil
- 3-4 drops lemon essential oil

Directions

Combine ingredients in a dark colored glass bottle. Use a few drops on crayon stains.

September 27

Crystal Cleaner

Materials

- White vinegar
- Dish liquid

Directions

It doesn't get any easier than this. Soak your crystal in undiluted white vinegar for ½ hour. Wash as usual with dish liquid and rinse with hot water.

September 28

Silver Cleaner

Materials

- 1 C white vinegar
- 1 tsp salt
- $\frac{1}{4}$ C flour
- Dish liquid

Directions

Combine ingredients to make a paste. Rub paste on silver and let sit for ½ hour.
Rinse with dish soap and clear water.

September 29

Sterling Silver Jewelry Cleaner

Materials

- $\frac{1}{2}$ C baking soda • Tin foil • Pyrex bowl • Boiling water • Mild dish liquid

Directions

Line Pyrex bowl with tin foil, shiny side up. Place sterling silver jewelry on top of foil, and sprinkle baking soda on top of jewelry. Pour boiling water over jewelry to completely submerge it. Let the jewelry sit for 30 seconds to one minute. Clean baking soda off with mild dish liquid and a soft toothbrush, and rinse with warm water.

September 30

Cucumber Soap

Materials

- 2 C canola oil • 3 ½ C coconut oil • 3 C extra virgin olive oil • 2 ½ C palm oil • ½ C shea butter • 14 ounces lye
- 2 ½ C pure distilled water • 2 C pureed cucumber • 4-5 drops cucumber essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

Make Your Own Soap – Laundry Soaps

Many people are making the switch to home-made cleaning products, including laundry soaps. This is because they can control the ingredients that go into their cleaning products, and don't have to worry about the harsh chemicals that are found in commercial products. This is especially important for anyone who has babies or skin conditions, because even those products that are labeled as being safe for sensitive skin can often contain chemicals. Home-made products do not contain any chemicals, except possibly lye, which is usually only used in hand soaps.

Cleaner Laundry

Did you know that you can get cleaner laundry by using home-made laundry soap? A lot of people think that the home-made products don't work nearly as well as commercial products, but in most cases, they actually work better. So, you get cleaner laundry, and at a fraction of the price that you would spend on a bottle of detergent in the store.

Basic Ingredients

You don't need a lot of expensive ingredients to make your own laundry detergent. In fact, there are four basic ingredients that you will use in most of the recipes found in this e-book. These ingredients are: • Washing Soda • Baking Soda • Bar Soap

- Essential Oils You will find recipes for detergents to use in both top loading and front loading washing machines. Make sure that you use the right recipe for your machine so you get the absolute best results. These detergents are safe to use, and won't clog up a septic system.

October

Halloween is just around the corner, and you can have extra fun making Halloween-themed soaps. Your soaps can look like delicious candies, and have awesome fall scents, including pumpkin spice and cinnamon. This month, there will also be recipes for soaps using fall scents, as well as household cleaning recipes and much more.

October 1

Pink Ribbon Soaps

Materials

- 1 pound white melt and pour soap base • 5-6 drops raspberry essential oil • 3-4 drops red food grade colorant or soap dye (to make mixture pink)

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat and add the raspberry essential oil and colorant. Pour into pink ribbon soap molds and allow to set.

October 2

Breast Cancer Boobie Soaps

Materials

- 1 pound goat's milk melt and pour soap base • 5-6 drops strawberry essential oil • 5-6 drops flesh colored soap dye • 1-2 drops dark pink food grade colorant or soap dye

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat and add the strawberry essential oil. Pour ¼ C of the mixture into a glass bowl, and add the dark pink colorant. Add the flesh colored colorant to the rest of the mixture. Fill the nipple sections of the boobie molds with pink mixture, and fill molds the rest of the way with flesh colored mixture.

October 3

Jack-O-Lantern Soap

Materials

- 1 pound white melt and pour soap base • 3 tbsp liquid aloe vera • ½ C coconut oil
- 5-6 drops pumpkin spice fragrance oil • 3-4 drops orange food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base, aloe vera, and coconut oil. When ingredients have melted and blended together, remove from heat and add the pumpkin spice fragrance oil and colorant. Pour into pumpkin soap molds and allow to set.

October 4

Pumpkin Pie Soaps

Materials

- 1 pound white glycerin melt and pour soap base • ¼ pound white glycerin melt and pour soap base • 6-8 drops pumpkin spice fragrance oil • 2 drops vanilla essential oil
- 4-5 drops orange food grade colorant or soap dye

Directions

In a double boiler over medium heat, melt 1 pound of the soap base. Remove from heat and add the pumpkin spice fragrance oil and colorant. Pour into tart molds and allow to set. In another double boiler, melt the rest of the soap base. Remove from heat and add the vanilla essential oil. Whip until mixture is fluffy, and pour on top of pumpkin soap tarts to make “whipped cream”. Allow to set.

October 5

Caramel Apple Soaps

Materials

- 1 pound clear glycerin melt and pour soap base • ¼ pound white glycerin melt and pour soap base • 4-5 drops apple essential oil
- 2-3 drops caramel fragrance oil • Red and brown food grade colorant or soap dye

Directions

In a double boiler over medium heat, melt the clear soap base. Remove from heat, add apple essential oil and red colorant. Pour into soap molds, filling them $\frac{3}{4}$ of the way and allow to set. In another double boiler, melt the white glycerin. Remove from heat and add caramel fragrance oil and brown colorant. Pour on top of red soap, filling molds. Allow to set.

October 6

Pumpkin Soap

Materials

- 1 $\frac{1}{4}$ C extra virgin olive oil • $\frac{3}{4}$ C palm oil
- 1 $\frac{1}{2}$ C coconut oil
- $\frac{1}{2}$ C rice bran oil
- 2 ounces shea butter • 2 ounces cocoa butter • 5 ounces lye
- 1 C pure distilled water • 3 ounces canned pumpkin puree • 2 ounces pumpkin fragrance oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

October 7

French Vanilla Soap

Materials

- 2 ounces cocoa butter • 1 C coconut oil
- $\frac{1}{2}$ C sunflower oil
- $\frac{3}{4}$ C soybean oil
- 2 ounces apricot kernel oil • 3 ounces castor oil • 1 C palm oil
- 1 ounce lanolin butter • 2 ounces French vanilla fragrance oil • 5 ounces sodium hydroxide flakes • 1 $\frac{1}{2}$ C pure distilled water • 5 ounces lye

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

October 8

Foaming Bath Soap

Materials

- ½ C liquid Castile soap
- 1 C sweet almond oil
- ½ C raw honey
- 1 tsp vanilla extract

Directions

In a glass bowl, combine ingredients and stir gently to blend. Stir until light and fluffy, and transfer to a pump or squeeze bottle.

October 9

Lavender Body Wash

Materials

- ½ C liquid Castile soap • ¼ C liquid aloe vera • 1 ounce rose hydrosol • ¼ ounce evening primrose essential oil • 15-20 drops lavender essential oil

Directions

In a glass bowl, combine all of the ingredients. Stir gently to mix without creating bubbles. Transfer mixture to a pump bottle.

October 10

Shaving Soap

Materials

- 1 4-ounce bar unscented white soap, finely grated • 3 tbsp milk • 2-3 drops peppermint essential oil

Directions

Place the grated soap in a sauce pan with the milk. Heat on low and stir until the soap flakes are completely dissolved. Remove from heat and add the peppermint essential oil. Store in a covered glass jar.

October 11

Dead Sea Salt Soap

Materials

- 12 tbsp milk
- 2 tbsp Dead Sea salt • 1 tbsp Himalayan Pink salt • 4 4-ounce bars unscented white soap, finely grated • 1 tsp hempseed oil • 1 tsp cocoa butter • 1 tsp shea butter • 5-6 drops lavender essential oil • 2-3 drops peppermint essential oil

Directions

In a saucepan, combine the grated soap and milk, and heat until soap is completely melted. Stir in the oils, essential oils, and salts. Pour into soap molds and allow to set.

October 12

Raspberry Soap

Materials

- ½ C coconut oil • 1 ounce castor oil • 3 C extra virgin olive oil • 5 ounces tallow • 1 C pure distilled water • 5 ounces lye
- 3 ounces fresh raspberries, pureed • ½ ounce sodium lactate

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

October 13

Coffee Soap

Materials

- $\frac{3}{4}$ C coconut oil • $\frac{1}{2}$ C safflower oil • 1 C rice bran oil • $\frac{1}{4}$ C sesame oil
- 1 $\frac{1}{2}$ C palm oil
- $\frac{1}{4}$ C palm kernel flakes • 1 C pure distilled water • 5 ounces lye
- $\frac{1}{2}$ C strong brewed black coffee

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

October 14

Rosemary Mint Soap

Materials

- 1 ounce refined illipe butter • 1 ounce cocoa butter • 1 C soybean oil
- 1 C extra virgin olive oil • 1 C coconut oil
- $\frac{1}{4}$ C sweet almond oil • $\frac{3}{4}$ C rice bran oil • $\frac{1}{2}$ ounce beeswax, grated
 - 1 ounce palm kernel flakes • $1\frac{1}{2}$ C pure distilled water • 5 ounces lye
- 1 ounce rosemary essential oil • $\frac{1}{2}$ ounce peppermint essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

October 15

Bacon Soap

Materials

- 1 C bacon fat • $\frac{1}{2}$ C coconut oil • $\frac{1}{2}$ C castor oil • 1 C extra virgin olive oil • 1 C pure distilled water • 1 ounce bacon fragrance oil • 3.5 ounces lye

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

October 16

Black Cat Soap

Materials

- ½ pound white glycerin melt and pour soap base • 3 tbsp liquid aloe vera • 4-5 drops anise essential oil • Black food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base with the aloe vera. When ingredients have melted and blended together, remove from heat and add the anise essential oil and enough colorant to turn the mixture black. Pour into cat molds and allow to set.

October 17

Cauldron Soap

Materials

- ½ pound white glycerin melt and pour soap base • 3 tbsp liquid aloe vera • 4-5 drops anise essential oil • Black food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base with the aloe vera. When ingredients have melted and blended together, remove from heat and add the anise essential oil and enough colorant to turn the mixture black. Pour into cauldron molds and allow to set.

October 18

Breast Cancer Awareness Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{4}$ C coconut oil
- 2 tbsp cocoa butter • 1 tbsp liquid aloe vera • 4-5 drops rose essential oil • 3-4 drops pink food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, cocoa butter, and aloe vera. When Ingredients have melted and blended together, remove from heat and add rose essential oil and colorant. Pour into bar molds with the Breast Cancer Awareness logo.

October 19

Black and Orange Striped Soap

Materials

- ½ pound white glycerin melt and pour soap base • ½ pound clear glycerin melt and pour soap base • 3-4 drops anise essential oil
- 3-4 drops sweet orange essential oil • 3-4 drops orange food grade colorant or soap dye • 6-8 drops black food grade colorant or soap dye

Directions

Place white glycerin soap base in one microwave safe bowl, and the clear soap base in another microwave safe bowl. Heat in 30-second increments until soap bases are melted. Add sweet orange essential oil and orange colorant to the clear glycerin. Add anise essential oil and black colorant to white glycerin. Pour enough of one of the mixtures into the soap molds to cover the bottoms. Let it set for a couple of minutes, and pour the same amount of the next mixture on top. Repeat until all of the molds are filled. You may need to re-melt the soap mixtures a couple of times before you are finished.

October 20

Oatmeal Banana Soap

Materials

- 2 pounds plus 1 C extra virgin olive oil • 2 pounds plus 1 C coconut oil
 - 1 pound plus $\frac{1}{2}$ C palm oil • $\frac{3}{4}$ C rice bran oil • $\frac{1}{2}$ C shea butter
- 4 $\frac{1}{2}$ C pure distilled water • 2 $\frac{1}{2}$ C lye
- $\frac{1}{2}$ C finely ground rolled oats • 1 banana, black-ripe and mashed

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

October 21

Salt Soap

Materials

- ½ C cocoa butter
- ½ C shea butter
- 2 pounds plus 1 C palm kernel flakes • 1 pound plus ¼ C palm oil • 1 pound plus ½ C extra virgin olive oil • 1 pound plus ½ C rice bran oil
 - 8 ½ C pure distilled water • 2 ½ C lye
- ½ C bath water crystals • Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

October 22

Egg Soap

Materials

- 1 $\frac{1}{4}$ C extra virgin olive oil • 1 C palm oil
- $\frac{1}{2}$ C coconut oil • $\frac{1}{2}$ C palm kernel flakes • $\frac{1}{2}$ C safflower oil • $\frac{1}{4}$ C castor oil • $\frac{1}{2}$ C rice bran oil • 1 $\frac{1}{2}$ C pure distilled water • 5 ounces lye
- 2 egg yolks
- 1 tbsp white kaolin clay • Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

October 23

Glycerin Shaving Soap

Materials

- 1 C coconut oil • 2 ¼ C palm oil
- ¾ C palm kernel flakes • ¼ C castor oil
- ½ C safflower oil • 1 ¼ C pure distilled water • 5 ounces lye
- 1 ounce glycerin • ¼ C marshmallow root powder • Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

October 24

All-Purpose Cleaner

Materials

- 2 tbsp ammonia
- 1 tsp dish liquid
- 1 pint rubbing alcohol
- 5-6 drops lemon essential oil

Directions

Mix all of the ingredients together in a one gallon container. Cover, and shake well before each use.

October 25

Another All-Purpose Cleaner

Materials

- $\frac{1}{2}$ C ammonia
- $\frac{1}{4}$ C vinegar
- $\frac{1}{4}$ C baking soda
- 1 gallon warm water

Directions

Combine ingredients in a large bucket and use for cleaning all around your home.

October 26

Window Cleaner

Materials

- ½ tsp dish liquid
- 3 tbsp white vinegar
- 2 C water

Directions

Combine ingredients in a spray bottle. Shake well before each use.

October 27

Window Cleaner II

Materials

- 3 tbsp ammonia
- 1 tbsp vinegar
- 2 C water

Directions

Combine ingredients in a spray bottle. Shake well before each use.

October 28

Glass Cleaner

Materials

- ½ C white vinegar
- ¼ C rubbing alcohol
- 3-4 drops orange essential oil
- 2 C water

Directions

Combine ingredients in a spray bottle. Shake well before each use.

October 29

Liquid Laundry Detergent

Materials

- 3 pints water • $\frac{1}{3}$ bar white Castile soap, grated • $\frac{1}{2}$ C washing soda
 - $\frac{1}{2}$ C borax
- 1 quart hot water

Directions

Combine all ingredients except hot water in a two-gallon container. Slowly add the hot water and stir to mix. Allow mixture to thicken for 24-48 hours. To use, add ½ C of detergent to wash loads.

October 30

Liquid Laundry Detergent II

Materials

- 1 C grated white Castile soap • $\frac{1}{2}$ C washing soda • $\frac{1}{2}$ C borax • 2
tbsp glycerin • 2 gallons water

Directions

In a 5-gallon container, mix grated soap, washing soda, and borax. Add the water and glycerin and stir to mix. To use, add $\frac{1}{2}$ C of detergent to wash loads.

October 31

Powdered Laundry Detergent

Materials

- 1 C grated Naptha soap
- $\frac{1}{2}$ C washing soda
- $\frac{1}{2}$ C borax

Directions

Combine all ingredients and store in a covered container. To use, add 1 tbsp to light laundry loads and 2 tbsp for heavy loads.

Make Your Own Soap – Supplies You will Need Before you start making any type of soap, it is important to gather up all of the supplies you will need. There are various soap-making processes, and there are different tools and ingredients used in each type. The following are the tools you will need for the different soap-making processes.

Cold Process Soap-Making Supplies

- Double boiler or crock pot • Stick blender • Wooden spoon • Safety gear (apron, face mask, goggles, rubber gloves) • Soap ingredients • Molds

Hot Process Soap-Making Supplies

- Double boiler • Wooden spoon • Apron
- Safety gear • Soap ingredients • Molds

Melt and Pour Soap-Making Supplies

- Melt and pour soap base • Additives and other ingredients • Apron
- Wooden spoon • Molds

Liquid and Foaming Soap-Making Supplies

- Glass bowl
- Wooden spoon • Apron
- Pure distilled water • Additives and other ingredients • Pump or squeeze bottles

Other Tools You will Need

In addition to the above-listed tools, there are a few other things you may need. If you are using bread molds, line them with parchment paper so the soap doesn't stick. You may also need glass jars or other containers, and labels and markers to label your products with the dates they are made.

November

This month celebrates Thanksgiving, and there are loads of great smelling soap recipes in this e-book to commemorate the holiday. Enjoy pumpkin scented soaps, as well as liquid hand soaps that have a delicious cranberry scent. Be sure to try out the recipes for scented laundry and dish soaps, as well as some awesome shampoos.

November 1

Pumpkin Soap

Materials

- 1 C palm oil
- 1 C coconut oil
- 1 C extra virgin olive oil • ½ C sunflower oil • 2 ounces shea butter
 - 1 can pumpkin
- 2 ounces pure distilled water • 2 ounces castor oil • 5 ounces lye
- 2 tbsp finely ground oatmeal • 2 drops clove essential oil • 4 drops nutmeg essential oil • 2 drops pumpkin spice essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

November 2

Apple Cider Soap

Materials

- 4 ounces lye
- 1 C pure apple cider • 2 C extra virgin olive oil • 1 C coconut oil •
¼ C castor oil • ¼ C mango butter • ⅓ C avocado oil • 2-3 drops
apple essential oil • 1 drop cinnamon essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

November 3

Mud Soap

Materials

- 1 ¼ C grape seed oil • 1 C palm kernel flakes • 1 C coconut oil • 1 C hazelnut oil • ¼ C shea butter • 5 ounces lye
- 1 ½ C pure distilled water • ¼ C sea clay

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

November 4

Neem Oil Liquid Soap

Materials

- 1 C liquid Castile soap • 2 tbsp organic neem oil • 2 tbsp cocoa butter

Directions

In a double boiler over medium heat, melt the cocoa butter. Remove from heat and add the neem oil and castile soap. Transfer mixture to a pump bottle

November 5

Easy Liquid Soap

Materials

- 1 C of flakes from your favorite bar soap • 1 C pure distilled water •
1 tbsp glycerin

Directions

In a microwave safe container, melt the soap flakes in the microwave in 30-second increments. Add the glycerin and water, allow mixture to cool, and transfer to a pump bottle.

November 6

Foaming Soap

Materials

- 1 C extra virgin olive oil
- ½ C raw honey
- ½ C liquid Castile soap
- 1 tbsp vanilla extract

Directions

In a glass bowl, combine all of the ingredients. Stir well to mix, and transfer mixture to a pump bottle.

November 7

Rose Body Wash

Materials

- ½ C liquid Castile soap • ¼ C liquid aloe vera • 1 ounce rose hydrosol • ¼ ounce evening primrose oil • 20 drops rose essential oil

Directions

Combine all ingredients together in a glass bowl. Stir well to mix, and transfer to a squeeze bottle or a pump bottle.

November 8

Citrus All-Purpose Cleaner

Materials

- Peel from one large orange
- 3 C distilled white vinegar

Directions

In a quart sized glass jar, combine orange peel and vinegar. Allow mixture to sit in a dark area for at least two weeks. Strain and remove the orange peel. Store in a covered container. To use, mix one part cleaner to three parts water in a spray bottle.

November 9

Furniture Polish

Materials

- 1 C extra virgin olive oil
- $\frac{1}{3}$ C distilled white vinegar

Directions

Combine ingredients together in a spray bottle. To use, spray mixture onto a soft cloth and rub on wood furniture.

November 10

Furniture Polish II

Materials

- 2 C extra virgin olive oil
- ½ C lemon juice

Directions

Combine ingredients together in a spray bottle. To use, spray mixture onto a soft cloth and rub on wood furniture.

November 11

Simple Spray Cleaner

Materials

- 1 C distilled white vinegar
- 1 C water

Directions

Combine ingredients in a spray bottle. Shake well before each use. You may add your favorite essential oils for an even fresher scent.

November 12

Floor Cleaner

Materials

- 1 C white vinegar
- 6-8 drops tea tree oil
- $\frac{1}{4}$ C baking soda
- $\frac{1}{2}$ C ammonia
- 1 gallon hot water

Directions

Combine ingredients in a scrub bucket and wash floors as usual.

November 13

Tub and Shower Cleaner

Materials

- 1 ½ C white vinegar
- 1 ¼ C dish liquid

Directions

Combine ingredients together in a spray bottle. Shake well before each use.

November 14

Cranberry Glycerin Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{4}$ C coconut oil
- 1 tbsp shea butter • 1 tbsp liquid aloe vera • 5-6 drops cranberry essential oil • 3-4 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, shea butter, and aloe vera. When ingredients have melted and blended together, remove from heat and add cranberry essential oil and colorant. Pour into soap molds and allow to set.

November 15

Cornucopia Soap

Materials

- 1 pound white glycerin melt and pour soap base • $\frac{1}{4}$ C coconut oil
- 1 tbsp shea butter • 1 tbsp liquid aloe vera • 4-5 drops pumpkin spice fragrance oil • 3-4 drops orange food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base, coconut oil, shea butter, and aloe vera. When ingredients have melted and blended together, remove from heat and add pumpkin spice fragrance oil and colorant. Pour into cornucopia shaped soap molds and allow to set.

November 16

Granite Cleaner

Materials

- ½ C rubbing alcohol
- 2 C pure distilled water
- 8-10 drops dish liquid
- 4-5 drops lemon essential oil

Directions

Combine all ingredients together in a spray bottle. Shake well before each use.

November 17

Beer Shampoo

Materials

- 1 C of your favorite shampoo
- 1 C beer

Directions

Boil beer in a saucepan over medium heat until it is reduced to $\frac{1}{4}$ C. Add to shampoo, mix well, and transfer to a clean shampoo bottle. Use as normal, and rinse well.

November 18

Easy Shampoo

Materials

- $\frac{1}{4}$ C liquid Castile soap
- $\frac{1}{4}$ C pure distilled water

Directions

Combine ingredients together in a clean shampoo bottle. Use as you would your normal shampoo.

November 19

Herbal Shampoo

Materials

- ½ C pure distilled water • 2 tbsp dried lavender • ½ C Easy Shampoo (November 18) • 2 tbsp glycerin

Directions

Steep the herbs in hot water to create a tea. Steep for 20 minutes, and strain. Add herbal tea to Easy Shampoo and glycerin, pour into a clean shampoo bottle, and allow mixture to sit overnight to thicken.

November 20

Green Apple Soap

Materials

- 1 pound shea melt and pour soap base • $\frac{1}{3}$ C coconut oil • Green apple fragrance oil • 5-6 drops green food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat and add the green apple fragrance oil and colorant. Pour into soap molds and allow to set.

November 21

Seashell Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{3}$ C coconut oil

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat, pour into seashell soap molds, and allow to set.

November 22

Emu Oil Soap

Materials

- 2 C extra virgin olive oil • 1 ½ C coconut oil • 1 C palm oil
- 1 C emu oil
- ½ C castor oil • ⅓ C avocado oil • ¼ C cocoa butter • ¼ C shea butter • 1 ounce jojoba oil • 1 ounce rice bran oil • 3 C pure distilled water • 8 ounces lye
- Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

November 23

Ink Spot Remover

Materials

- 1 tsp cream of tartar
- 1 tbsp lemon juice
- Water

Directions

Apply cream of tartar to the stain. Put the lemon juice on top, rub into the stain, and allow mixture to sit for 2 minutes. Brush away and rinse with water.

November 24

Creamy Household Cleanser

Materials

- 1 C baking soda
- ½ C liquid Castile soap
- 1 tbsp distilled white vinegar
- 8 drops tea tree oil

Directions

Combine ingredients in a spray bottle. Shake well before each use.

November 25

Car Wash Soap

Materials

- ½ C liquid Castile soap
- ½ C baking soda
- 1 gallon warm water

Directions

Combine all ingredients together in a large bucket, stirring to mix. Apply to car with a sponge, wipe, and rinse with clear water.

November 26

Mildew Cleaner

Materials

- 1 ½ C warm water
- ⅓ C chlorine bleach
- 1 tbsp borax

Directions

Combine all ingredients together in a spray bottle. Shake well before each use.

November 27

Almond Oil Soap

Materials

- ½ C sweet almond oil • 1 C coconut oil • 1 C extra virgin olive oil
 - 1 C palm oil
- 1 ½ C pure distilled water • 4.5 ounces lye • 2 tsp almond extract

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

November 28

Lemon Goat's Milk Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{3}$ C coconut oil
- 2 tbsp liquid aloe vera • 6-8 drops lemon essential oil • 4-5 drops yellow food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, and aloe vera. When ingredients have melted and blended together, remove from heat and add the lemon essential oil and colorant. Pour into soap molds and allow to set.

November 29

Vegetable Soap

Materials

- 4 C coconut oil • 3 $\frac{3}{4}$ C extra virgin olive oil • 4 $\frac{1}{4}$ C vegetable shortening • 12 ounces lye
- 4 C pure distilled water • Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

November 30

Mint Foot Soap

Materials

- 1 C coconut oil • 1 ¼ C rice bran oil • 1 ¼ C extra virgin olive oil
 - ½ C palm oil
- ¼ C shea butter • 5 ounces lye
- 1 ½ C pure distilled water • 1 ounce peppermint essential oil • 1 tbsp fine ground pumice powder

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

Make Your Own Soap – Using Essential Oils When it comes to making your own soap, nothing personalized it more than when you make it with your own signature scents. In most cases, you are going to be using essential oils for these scents, as well as some fragrance oils. You will even be using dried herbs and flowers to help enhance the scents. Not only will essential oils help to give you the scents you love, they also have a number of healing properties that make them ideal for soap-making.

Healing Oils

If you are looking for essential oils to add to your soaps, look for the ones that will help dry skin, skin conditions, scalp problems, *etc.* You can also find essential oils that are great for oily skin and hair. Some of the main essential oils that have numerous healing properties, and that are used in soap-making, include: • Chamomile • Lavender • Rose

- Mint
- Lemon • Orange • Sage
- Grapefruit • Myrr
- Frankincense • Eucalyptus • Ylang ylang • Tea tree oil

A Little Goes a Long Way

Be careful when you are using essential oils. You only need a few drops to give a whole batch of soap a fairly strong scent. Start out by using a couple of drops, and increasing the amount until the scent reaches the desired intensity.

December

Santa Claus is coming, and you can help him out by making a lot of gifts to give to family and friends. Everyone loves specialty soaps, and you can make yours in holiday scents, or any other scent that you think the recipients would enjoy. Hand-made gifts are always the most appreciated, and this month, you will find some great recipes for specialty soaps that are perfect to use as gifts.

December 1

Pine Floor Cleaner

Materials

- 6 drops pine essential oil
- 3 drops cypress essential oil
- 1 gallon warm water

Directions

Stir essential oils into the warm water. Use on floors immediately.

December 2

Gingerbread Man Mini Soap

Materials

- 2-3 ounces solid glycerin soap base • 1 tbsp liquid aloe vera
- 1 drop yellow food grade coloring • 1 drop orange food grade coloring
 - 2 drops gingerbread scent • 1 drop ginger essential oil

Directions

In a double boiler over medium heat, melt the glycerin with the liquid aloe vera. When ingredients have melted together, remove from heat and add food grade coloring, gingerbread scent, and essential oil. Pour into gingerbread man chocolate molds, and let set for an hour or so. Wrap in waxed paper, or poke a hole in the top of the heads and string red ribbon through so the soaps can also be hung as scented ornaments.

December 3

Minty Fresh Floor Cleaner

Materials

- 1 gallon hot water • 10 drops peppermint essential oil • 10 drops eucalyptus essential oil • 10 drops orange essential oil

Directions

Pour the water into a bucket, and add the essential oils. Stir to mix, and use to scrub your floors and leave a clean, fresh scent throughout your home.

December 4

Lump of Coal Soap

Materials

- 4 ounces white melt and pour soap base • 4 ounces clear glycerin melt and pour soap base • 2 tsp activated charcoal powder • 1 tsp gold food grade glitter
- 5-6 drops licorice fragrance oil • Black food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the white soap base with 1 tsp charcoal powder and ½ tsp glitter. In another double boiler, do the same with the clear soap base. Remove both from heat and add licorice fragrance oil and colorant. Pour mixtures alternately into cube shaped soap molds, and stir with a stick to combine. Allow to set.

December 5

Orange Cranberry Striped Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{2}$ C coconut oil
- 4 drops cranberry essential oil • 4 drops sweet orange essential oil •
Red and orange food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat. Divide into two pots. In one pot, add cranberry essential oil and red colorant. In the other pot, add sweet orange essential oil and orange colorant. Pour 1 inch of orange mixture in a loaf pan and allow to set. Next, pour on a 1 inch layer of cranberry mixture. Continue until all of the mixtures are used. You will need to re-melt mixtures throughout the process.

December 6

Candy Cane Soap

Materials

- 1 pound goat's milk melt and pour soap base • $\frac{1}{2}$ C coconut oil • 5-6 drops peppermint essential oil • 4-5 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat and add the peppermint essential oil. Divide mixture in half, and add colorant to one half. Pour into molds in layers to create a striped pattern and allow to set.

December 7

Orange Clove Glycerin Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{2}$ C coconut oil
- 5-6 drops orange essential oil • 3-4 drops clove essential oil • 3-4 drops orange food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat and add the essential oils and colorant. Pour into molds and allow to set.

December 8

Christmas Tree Soap

Materials

- 1 pound white melt and pour soap base • $\frac{1}{2}$ C coconut oil • 4-5 drops pine essential oil • 3-4 drops green food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat and add the pine essential oil and colorant. Pour into Christmas tree molds and allow to set.

December 9

Menorah Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{4}$ C coconut oil
- 4-5 drops frankincense essential oil • 3-4 drops yellow food grade colorant or soap dye • 1 tbsp food grade gold glitter

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat and add the frankincense essential oil, glitter, and colorant. Pour into menorah molds and allow to set.

December 10

Santa Clause Soap

Materials

- 1 pound white glycerin melt and pour soap base • $\frac{1}{2}$ C coconut oil • 4-5 drops peppermint essential oil • 4-5 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and coconut oil. When ingredients have melted and blended together, remove from heat, add the peppermint essential oil, and separate mixture into 2 bowls. Add the colorant to one bowl. Pour white mixture into the beard sections of the Santa Clause mold, and then carefully pour the red mixture on top. Allow to set.

December 11

Holiday Dish Liquid

Materials

- 2 C unscented dish liquid
- 3-4 drops sweet orange essential oil
- 2 drops clove essential oil

Directions

Combine ingredients in a glass bowl and stir well to mix. Transfer mixture to an empty dish liquid bottle.

December 12

Lemon Guest Soaps

Materials

- 1 pound shea melt and pour soap base • 1 pound goat's milk melt and pour soap base • 8-10 drops lemon essential oil
- 6-7 drops yellow food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap bases. When melted, remove from heat and add the lemon essential oil and colorant. Pour into molds and allow to set.

December 13

Red Candy Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{4}$ C coconut oil • 5-6 drops candy apple fragrance oil • 3-4 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine soap base and coconut oil. When ingredients have melted and blended together, remove from heat and add the candy apple fragrance oil and colorant. Pour into molds and allow to set.

December 14

Snowman Soap

Materials

- 1 pound white melt and pour soap base • 2-3 drops black food grade colorant or soap dye

Directions

In a microwave safe bowl, melt the soap base in the microwave in 30-second increments. Remove $\frac{1}{4}$ C of the mixture and add black colorant. Fill in the facial features, buttons, hat, *etc.* in snowman molds with black mixture, and fill the rest of the way with white soap. Allow to set.

December 15

Heavy Duty Household Cleanser

Materials

- ½ C borax
- ½ lemon

Directions

Cut the lemon in half and dip into the borax. Scrub glass, tiles, etc. with the borax-coated lemon and rinse with clear water.

December 16

Stovetop Grease Remover

Materials

- ½ C ammonia
- 1 gallon hot water
- 5-6 drops lemon essential oil

Directions

Stir the ammonia until it is sudsy, and add the water and lemon essential oil. To use, dip a sponge or cloth into the mixture and rub onto the stovetop.

December 17

Stain Remover for Whites

Materials

- 2 C powdered dishwasher detergent
- 2 C liquid chlorine bleach
- 2 gallons hot water

Directions

Combine ingredients in a large basin. Place clothing in the mixture, and let soak for 20 minutes to remove stains.

December 18

3-in-1 Cleaner

Materials

- 1 C distilled white vinegar • 2 C pure distilled water • 1 tbsp liquid dish soap • 10 drops lemon essential oil • 10 drops pine essential oil

Directions

Combine all ingredients together in a spray bottle. Shake well before each use. This can be used as an all-purpose cleaner, a window cleaner, and a room deodorizer.

December 19

Upholstery Cleaner

Materials

- $\frac{1}{2}$ C liquid dish detergent
- $\frac{1}{2}$ C hot water

Directions

Combine ingredients in a glass bowl and whip with beaters or a whisk until mixture is fluffy. Use a sponge or a rag to apply to stains, and rinse with clear water.

December 20

Carpet Cleaner

Materials

- $\frac{1}{4}$ C salt • $\frac{1}{4}$ C borax • $\frac{1}{4}$ C white distilled vinegar • 4-5 drops lemon essential oil

Directions

In a glass bowl, mix ingredients together to form a paste. Apply paste to stains on the carpet, let it sit for a few hours, and then clean with a steam cleaner.

December 21

Yoga Mat Spray Cleaner

Materials

- ¼ C warm water
- ¾ C white distilled vinegar
- 2 drops peppermint essential oil
- 2 drops chamomile essential oil
- 3 drops tea tree oil

Directions

Combine all ingredients in a spray bottle. Shake well before each use.

December 22

Antifungal Cleaning Spray

Materials

- ¼ C warm water
- ¾ C white distilled vinegar
- 10 drops lemongrass essential oil
- 2 drops tea tree oil

Directions

Combine all ingredients in a spray bottle. Shake well before each use.

December 23

Charcoal Soap

Materials

- 2 ½ C extra virgin olive oil • 1 ¼ C coconut oil • 1 ¼ C palm oil •
1 C avocado oil • ¼ C castor oil • 2 tbsp activated charcoal powder
- 8-10 drops anise essential oil • 2 ½ C pure distilled water • 7
ounces lye

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book. Make a black and a white batch, and pour one on top of the other in the molds, and swirl with a stir stick.

December 24

Shea Butter Soap

Materials

- 2 C coconut oil • 2 $\frac{1}{4}$ C extra virgin olive oil • 2 C palm oil • $\frac{1}{2}$ C shea butter • 2 C tallow
- 10 ounces lye • 3 C pure distilled water

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

December 25

Honeybee Soap

Materials

- 4 C extra virgin olive oil • 2 C palm oil • 3 C tallow
- 9 ounces lye • 1 tbsp raw honey • 3 C pure distilled water •
Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

December 26

Simple Cold Process Soap

Materials

- 2 C canola oil
- 2 C coconut oil
- 2 C palm oil
- 7 ounces lye
- 2 C pure distilled water

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

December 27

Cinnamon Soap

Materials

- 1 pound clear glycerin melt and pour soap base • 3 tbsp liquid aloe vera • 2 vitamin E capsules
- 5-6 drops cinnamon essential oil • 3-4 drops red food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base, aloe vera, and liquid from vitamin E capsules. When ingredients have melted and blended together, remove from heat and add the cinnamon essential oil and colorant. Pour into soap molds and allow to set.

December 28

Orange Cinnamon Soap

Materials

- 2 C extra virgin olive oil • 1 C coconut oil
- 1 C palm oil
- 5 ounces lye
- 2 C pure distilled water • 8-10 drops orange essential oil • 5-6 drops cinnamon essential oil • Red food grade colorant or soap dye

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

December 29

Lemon Ginger Soap

Materials

- 2 C extra virgin olive oil • 1 C coconut oil • 1 C palm oil
- 5 ounces lye
- 2 C pure distilled water • 15 drops lemongrass essential oil • 5 drops ginger essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

December 30

Rosemary Spearmint Soap

Materials

- 2 C extra virgin olive oil • 1 C coconut oil • 1 C palm oil
- 5 ounces lye
- 2 C pure distilled water • 10 drops spearmint essential oil • 10 drops rosemary essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of this e-book.

December 31

Apple Spice Soap

Materials

- 2 ¼ C canola oil • 1 C coconut oil
- 2 ¼ C extra virgin olive oil • 1 ½ C pure distilled water • 6 ounces lye
- 1 tbsp apple pie spice • 4-5 drops apple essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of this e-book.

Bonus Soap Recipes Mini E-Book

Table of Contents

Introduction

- [1\) Unscented Glycerin Soap](#)
- [2\) Citrus Glycerin Soap](#)
- [3\) Dry Skin Soap](#)
- [4\) Snow Globe Soap](#)
- [5\) Easter Chickadee Soap](#)
- [6\) Peppermint Foot Soap](#)
- [7\) Kids' Letter Soap](#)
- [8\) Tomato Basil Soap](#)
- [9\) pH Balanced Non-Lathering Shampoo](#)
- [10\) Shampoo for Normal Hair](#)
- [11\) Dandruff Shampoo](#)
- [12\) Shampoo for Damaged Hair](#)
- [13\) Hair Loss Shampoo](#)
- [14\) Home-Made "Oxy" Cleaner](#)
- [15\) Floor Sweeper Solution](#)
- [16\) Floor Sweeper Solution II](#)
- [17\) Home-Made Floor Sweeper Pads](#)
- [18\) Copycat "409" Cleaner](#)
- [19\) Super-Simple Cold Process Soap](#)
- [20\) Cucumber Soap](#)
- [21\) Moisturizing Soap](#)
- [22\) Basic Cold Process Soap](#)
- [23\) Laundry Powder](#)
- [24\) Laundry Powder II](#)
- [25\) Laundry Powder III](#)
- [26\) Fabric Softener](#)
- [27\) Dryer Sheets](#)
- [28\) Watermelon Shampoo Bar](#)
- [29\) Mango Soap](#)

- [30\) Honey Oatmeal Hot Process Soap](#)
- [31\) Orange Soap](#)
- [32\) Aloe and Jojoba Shampoo Bar](#)
- [33\) Vanilla Fig Soap](#)
- [34\) Summer Rain Soap](#)
- [35\) Chocolate Truffle Soap](#)
- [36\) Tub and Shower Cleaner](#)
- [37\) Toilet Bowl Cleaner](#)
- [38\) Toilet Bowl Cleaner II](#)
- [39\) Copycat "Goo Gone"](#)
- [40\) Copycat "Clorox" Spray](#)
- [41\) Cold Process Goat's Milk Soap](#)
- [42\) Kitchen Hand Soap](#)
- [43\) Seaweed Soap](#)
- [44\) Home-Made Castile Soap](#)
- [45\) Honeycomb Soap](#)

[Conclusion](#)

Introduction

Because you loved the “365 Soap Recipes for 365 Days” e-book, we have more great recipes for you to try. Here are an additional 45 bonus soap recipes for everything from facial care to soap to bath products and even household cleaners.

Unscented Glycerin Soap

Materials

- 1 pound clear glycerin melt and pour soap base • $\frac{1}{2}$ C coconut oil • 2
tbsp liquid aloe vera • 2 vitamin E capsules

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, aloe vera, and the liquid from the vitamin E capsules. When ingredients have melted and blended together, remove from heat, pour into soap molds, and allow to set.

Citrus Glycerin Soap

Materials

- 1 pound white glycerin melt and pour soap base • $\frac{1}{3}$ C coconut oil
- 2 tbsp shea butter
- 2 tbsp liquid aloe vera • 5-6 drops lemon essential oil • 2 drops pink grapefruit essential oil • 3 drops sweet orange essential oil • 3-4 drops yellow food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base, coconut oil, shea butter, and aloe vera. When ingredients have melted and blended together, remove from heat and add essential oils and colorant. Pour into soap molds and allow to set.

Dry Skin Soap

Materials

- ½ C cocoa butter • ½ C shea butter • 1 C palm oil
- 2 C coconut oil • 2 ½ C soybean oil • 1 C avocado oil • 2 C extra virgin olive oil • ½ C grapeseed oil • 4 C pure distilled water • 13 ounces lye
- 2 ounces of essential oils of choice • Colorants of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Snow Globe Soap

Materials

- 1 pound plus $\frac{1}{4}$ pound clear glycerin melt and pour soap base • $\frac{1}{4}$ pound white glycerin melt and pour soap base • 2 tbsp liquid aloe vera
- 2-3 drops gingerbread fragrance oil • 2-3 drops brown food grade colorant or soap dye • 5-6 drops red food grade colorant or soap dye
- Gingerbread man candy mold • Silicone cake pops mold

Directions

In a double boiler over medium heat, combine the soap base and aloe vera. When ingredients have melted together, place 1 C of the mixture into a separate container. Add the gingerbread fragrance oil and colorant to the smaller amount, fill the gingerbread man trays and allow to set. Re-melt the other mixture if it has set. Fill the cake pop molds $\frac{1}{2}$ inch with clear mixture and allow to set for a couple of minutes. Place the gingerbread men on top, and fill molds to $\frac{1}{2}$ inch from the top. In a separate double boiler, melt the white soap base and add the red colorant. Fill molds the rest of the way with the red mixture.

Easter Chickadee Soap

Materials

- ½ pound white melt and pour soap base • 2-3 drops lemon essential oil
 - 3-4 drops yellow food grade colorant or soap dye

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat and add lemon essential oil and colorant. Pour into chickadee “peeps” molds and allow to set. If you like, reserve a tiny bit of the soap mixture, color it black, and dot on some eyes.

Kids' Letters Soap

Materials

- 1 pound clear glycerin melt and pour soap base • 2 tbsp liquid aloe vera • Various colors of food grade colorant or soap dye

Directions

In a double boiler over medium heat, combine the soap base and aloe vera. When ingredients have melted and blended together, remove from heat. Separate into small glass containers, and add the various colorants. Pour mixtures into letter candy molds and allow to set.

Tomato Basil Soap

Materials

- 2 ounces cocoa butter • 2 ounces shea butter • 1 C palm oil
- 1 C coconut oil
- 1 ½ C extra virgin olive oil • 5 ounces lye
- 1 C pure distilled water • 1 tbsp powdered basil • 5-6 drops basil essential oil • 1 C ripe pureed tomatoes • 1 tbsp walnut shell powder

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Peppermint Foot Soap

Materials

- 1 C coconut oil • 1 C rice bran oil • 1 C extra virgin olive oil • ½ C palm oil
- ¼ C shea butter
- 5 ounces lye
- 1 ½ C pure distilled water • 1 ounce sweet almond oil • 1 ounce peppermint oil • ½ ounce tea tree oil • 1 tbsp walnut shell powder
- 1 tbsp finely ground pumice powder • 1 tsp titanium dioxide

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

pH Balanced Non-Lathering Shampoo

Materials

- 1 ½ C coconut milk • 1 ¾ C aloe vera gel • 2-3 drops orange essential oil

Directions

In a glass bowl, mix the coconut milk, aloe vera gel, and orange essential oil. Transfer mixture to ice cube trays and freeze. To use, thaw out one cube and wash hair as normal. Remember, this shampoo will not give you a lather.

Shampoo for Normal Hair

Materials

- 1 C liquid Castile soap • $\frac{1}{2}$ C coconut milk • $\frac{1}{2}$ C raw honey
- 4 tbsp coconut oil • Liquid from 4 vitamin E capsules • 60 drops orange essential oil • 30 drops lavender essential oil

Directions

In a glass bowl, combine all of the ingredients and stir gently to mix without creating bubbles. Transfer to a clean shampoo bottle. Shake well before each use.

Dandruff Shampoo

Materials

- 1 C liquid Castile soap • ½ C coconut milk
- ½ C raw honey
- 4 tbsp coconut oil • Liquid from 4 vitamin E capsules • 20 drops lemon essential oil • 20 drops lavender essential oil • 20 drops tea tree oil • 20 drops rosemary essential oil

Directions

In a glass bowl, combine all of the ingredients and stir gently to mix without creating bubbles. Transfer to a clean shampoo bottle. Shake well before each use.

Shampoo for Damaged Hair

Materials

- 1 C liquid Castile soap • ½ C coconut milk
- ½ C raw honey
- 4 tbsp coconut oil • Liquid from 4 vitamin E capsules • 40 drops
clary sage essential oil • 30 drops lavender essential oil • 30 drops
wild orange essential oil

Directions

In a glass bowl, combine all of the ingredients and stir gently to mix without creating bubbles. Transfer to a clean shampoo bottle. Shake well before each use.

Hair Loss Shampoo

Materials

- 1 C liquid Castile soap • $\frac{1}{2}$ C coconut milk • $\frac{1}{2}$ C raw honey
- 4 tbsp coconut oil • Liquid from 4 vitamin E capsules • 20 drops rosemary essential oil • 20 drops peppermint essential oil • 20 drops cedarwood essential oil • 20 drops lavender essential oil

Directions

In a glass bowl, combine all of the ingredients and stir gently to mix without creating bubbles. Transfer to a clean shampoo bottle. Shake well before each use.

Home-Made “Oxy” Cleaner

Materials

- 3 C hydrogen peroxide
- 3 C baking soda
- 6 C water

Directions

Combine all ingredients in a container and let sit overnight before using. To use, add about 1 C of the mixture to each laundry load.

Floor Sweeper Solution

Materials

- 4 C hot water
- 1 C lemon juice
- 3 C white distilled vinegar

Directions

Combine all ingredients into an empty container. Cover and shake well before each use.

Floor Sweeper Solution II

Materials

- 2 quarts water
- 2 tbsp Murphy's Oil soap

Directions

Combine ingredients into an empty container. Cover and shake well before each use.

Home-Made Floor Sweeper Pads

Materials

- 1 yard microfiber or an old bath towel
- Scissors

Directions

Cut fabric into rectangles that will fit over your sweeper head, making sure that there is at least an inch overlapping all the way around for tucking it into the sweeper.

Copycat “409” Cleaner

Materials

- 2 tbsp white distilled vinegar
- 1 tsp borax
- $\frac{1}{8}$ C dish liquid
- 1 C hot water
- 5-6 drops lemon essential oil

Directions

Combine all ingredients together in a spray bottle. Shake well before each use.

Super-Simple Cold Process Soap

Materials

- 5 C extra virgin olive oil
- 5 ounces lye
- 2 C pure distilled water
- 6-8 drops lavender essential oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Cucumber Soap

Materials

- 2 C canola oil • 4 C coconut oil • 3 ½ C extra virgin olive oil • 2 ½ C palm oil • ½ C shea butter • 2 C pureed cucumber (including peels) • 2 ½ C pure distilled water • 1 ½ C lye

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Moisturizing Soap

Materials

- ½ C avocado oil • 2 C coconut oil • 1 ½ C palm oil • ¼ C shea butter • 1 C soybean oil • ½ C sunflower oil • 7 ounces lye
- 2 C pure distilled water • Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Basic Cold Process Soap

Materials

- $\frac{1}{4}$ C castor oil • $\frac{1}{2}$ C cocoa butter • $\frac{1}{2}$ C coconut oil • $1\frac{1}{2}$ C extra virgin olive oil • 1 C palm oil
- 4 ounces lye
- $1\frac{1}{2}$ C pure distilled water • Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Laundry Powder

Materials

- $\frac{1}{4}$ C white clay powder • 12 C borax
- 10 C baking soda • $3\frac{1}{2}$ C sodium lauryl sulfate • 1-2 tbsp lemon essential oil

Directions

Combine clay powder and essential oil. Add the rest of the ingredients, mix well, and store in a covered container. To use, add 1 C of powder per laundry load.

Laundry Powder II

Materials

- 1 bar white Castile soap
- 1 C borax
- 1 C washing soda

Directions

Finely grate the Castile soap. Add borax and washing soda, and mix well. Store in a covered container. To use, add 2-3 tbsp per laundry load.

Laundry Powder III

Materials

- 1 bar white Castile soap
- 1 C baking soda
- 1 C washing soda

Directions

Finely grate the Castile soap. Add borax and washing soda, and mix well. Store in a covered container. To use, add 2-3 tbsp per laundry load.

Fabric Softener

Materials

- 1 C hair conditioner (any kind)
- 3 C hot water

Directions

Pour conditioner and water in a clean fabric softener or detergent jug. Cover and shake well before each use.

Dryer Sheets

Materials

- Fabric softener (from above recipe)
- Sponge

Directions

Soak a sponge in the home made fabric softener (or fabric softener of your choice) and place it in the dryer with your laundry.

Watermelon Shampoo Bar

Materials

- 1 ½ C coconut oil • 2 ½ C extra virgin olive oil • 1 ½ C castor oil
- 2 C pure distilled water • 6 ounces lye
- 1 ounce watermelon fragrance oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Mango Soap

Materials

- 1 C coconut oil • ½ C shea butter • ¼ C sweet almond oil • 1 C pure distilled water • 3 ounces lye
- ½ ounce mango fragrance oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Honey Oatmeal Hot Process Soap

Materials

- 2 C extra virgin olive oil • 1 C coconut oil • 2 ounces sweet almond oil • 1 ounce meadowfoam oil • 1 C pure distilled water • 4 ounces lye
- 1 tbsp finely ground oatmeal • 1 tbsp raw honey • Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of the “365 Soap Recipes for 365 Days” e-book.

Orange Soap

Materials

- 1 C babassu oil
- 1 C coconut oil
- $\frac{1}{4}$ C shea butter
- $\frac{1}{4}$ C cocoa butter
- 1 $\frac{1}{4}$ C extra virgin olive oil • $\frac{1}{4}$ C sweet almond oil • $\frac{2}{3}$ C apricot kernel oil • 1 $\frac{1}{2}$ C pure distilled water • 5 ounces lye
- 1 ounce orange fragrance oil • $\frac{1}{2}$ tsp yellow iron oxide pigment powder
 - $\frac{1}{4}$ tsp red iron oxide pigment powder

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Aloe and Jojoba Shampoo Bar

Materials

- ½ C coconut oil • ½ C palm oil
- ½ C illipe butter • ½ C shea butter • ½ C jojoba oil • ½ C rice bran oil • 1 ½ C soybean oil • 5 ounces lye
- 1 C pure distilled water • 3 ounces liquid aloe vera • Essential oils of choice

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Vanilla Fig Soap

Materials

- 1 ½ C extra virgin olive oil • ¾ C palm oil
- 1 ½ C coconut oil • ¼ C rice bran oil • ¼ C shea butter • 1 ounce lanolin • 5 ounces lye
- 1 ½ C pure distilled water • 2 ounces vanilla fragrance oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Summer Rain Soap

Materials

- 1 pound clear melt and pour soap base • 3 ounces Ocean Rain fragrance oil
- 3-5 drops light blue food grade colorant or soap dye • 2 drops light green food grade colorant or soap dye

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat and add the fragrance oil and colorants. Stir to mix colorants, pour into soap molds, and allow to set.

Chocolate Truffle Soap

Materials

- 1 pound goat's milk melt and pour soap base • 5-6 drops chocolate fragrance oil • Brown food grade colorant or soap dye • Truffle molds

Directions

In a double boiler over medium heat, melt the soap base. Remove from heat and add the fragrance oil and colorants. Stir to mix colorants, pour into soap molds, and allow to set.

Tub and Shower Cleaner

Materials

- 1 C water
- ½ C hydrogen peroxide
- ½ C white distilled vinegar
- 1 tsp liquid Castile soap
- 10-15 drops lemon essential oil

Directions

Combine all ingredients together in a spray bottle. Shake well before each use.

Toilet Bowl Cleaner

Materials

- $\frac{3}{4}$ C baking soda
- 1-2 tbsp liquid Castile soap
- 5 drops tea tree oil
- 5 drops lemon essential oil

Directions

Combine baking soda and Castile soap to create a paste. Add the essential oils and use mixture to clean the inside of your toilet bowl.

Toilet Bowl Cleaner II

Materials

- 1 C baking soda
- 1 C white distilled vinegar
- 15 drops tea tree oil
- 5 drops lavender essential oil

Directions

Combine baking soda and essential oils to create a thick paste. Add vinegar and pour into toilet. Clean as normal.

Copycat “Goo Gone”

Materials

- 1 C vegetable oil • 2 C baking soda

Directions

In a glass bowl, combine ingredients to create a paste. Transfer mixture into a covered jar. To use, apply to sticky spots with fingers or a sponge, rub it into the spot, and rinse with clear, warm water.

Copycat Clorox Spray

Materials

- 2 ½ C water
- ½ tbsp. chlorine bleach

Directions

Combine ingredients in a spray bottle. Shake well to use.

Cold Process Goat's Milk Soap

Materials

- 5 C extra virgin olive oil • 4 C coconut oil • 2 ¼ C palm oil • 12 ounces lye • 4 C goat's milk • 1 C finely ground oatmeal • 4 tbsp raw honey

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Kitchen Hand Soap

Materials

- 4 C extra virgin olive oil • 2 C palm oil
- 2 C coconut oil • $\frac{1}{2}$ C cocoa butter • 4 C strong coffee, chilled • 9 ounces lye
- 1 ounce coffee fragrance oil

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Seaweed Soap

Materials

- 1 C coconut oil • 1 ounce grapeseed oil • 4 C extra virgin olive oil
- 2 C pure distilled water • 5.5 ounces lye
- 2 soaked sheets of nori

Directions

Follow the instructions in the “Make Your Own Soap – Cold Process” section of the “365 Soap Recipes for 365 Days” e-book.

Home-Made Castile Soap

Materials

- 6 C extra virgin olive oil
- 6 ounces lye
- 1 $\frac{3}{4}$ C pure distilled water

Directions

Follow the instructions in the “Make Your Own Soap – Hot Process” section of the “365 Soap Recipes for 365 Days” e-book.

Honeycomb Soap

Materials

- ½ pound goat's milk melt and pour soap base • 1 ounce essential oils of choice • ½ tsp bee pollen powder • 2 tbsp raw honey • 4-5 drops yellow food grade colorant or soap dye • Bubble wrap

Directions

Line round soap molds with bubble wrap so the bubbles are facing upwards. In a double boiler over medium heat, melt the soap base. Remove from heat and stir in bee pollen powder, honey, essential oils, and colorant. Pour into prepared soap molds and allow to set. When soaps have set, peel away the bubble wrap for a honeycomb appearance.

Conclusion

We hope you have enjoyed these additional 45 soap recipes. Once you get used to making your own soaps, feel free to change up any of these recipes to make your own special blends for skin and hair care, and house cleaning.